

**ALL  
NEW!**

# BEGINNER'S SPECIAL

EXPERT ANSWERS TO **12** KEY QUESTIONS

# RUNNER'S

WORLD

**LATE-NIGHT  
SNACKS**  
THAT WON'T  
MAKE YOU FAT  
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**8**  
**QUICK CORE  
EXERCISES**  
STRONGER HIPs, ABS  
*And GLUTES in Just  
5 MINUTES*

## ▶ *Run Smooth*

***Hot Data!***

**BEST NEW  
FITNESS  
TRACKERS**

p66

**THE SECRETS OF  
PERFECT FORM**

*By Boston Champ  
MEB KEFLEZIGHI*

**GET FASTER ▶  
GO LONGER ▶  
AVOID INJURY ▶**

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*And ...*  
**RUN HAPPIER, TOO!**

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**+ ON THE RUN  
WITH LARRY BIRD  
(YES, *THAT* LARRY BIRD)** p100

MAY 2015  
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YOUR GREATER

ultra boost



A close-up, side-profile view of an Adidas Ultra Boost sneaker. The shoe features a black Primeknit upper, a white Boost midsole, and a black outsole with a wavy, textured pattern. The shoe is positioned diagonally across the frame, with the toe pointing towards the bottom left. The background consists of a dense pattern of vertical, wavy lines in shades of pink, purple, and black, creating a sense of motion and depth.

**BEST RUN EVER**

**#ULTRABOOST**





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The pleasures of pairing  
the world's best wine with  
lovely miles along the Seine.

BY EMMANUELLE BLANCK  
AND LAUREN SELIGMAN



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To stride as  
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INTERVIEW BY DAN  
SIMMONS





WHEN YOU'RE  
HALFWAY HOME.

DICK'S 2015 HALF-MARATHON  
**6092**

DICK'S 2015 HALF-MARATHON  
**843**

**92**



A photograph of two runners during a marathon. In the foreground, a male runner in a red Under Armour shirt and black shorts is running. He has a race bib with the number 9437. Behind him, a female runner in a yellow and white tank top and blue patterned shorts is also running. She has a race bib with the number 9766. The background is blurred, showing trees and a bright sky.

# WHO WILL YOU BE?

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High-heat cooking methods like grilling and frying vaporize the delicate flavors and health-boosting compounds in most fresh herbs. Instead, add them at the very end of cooking or when cooling dishes.



Throughout this issue, look for the logo above to find stories related to the Boston Marathon. Created by RW Design Director Benjamin Purvis—who was inspired by the race's iconic colors—it debuted in our May 2014 issue.

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## OH, SNAP!

On Snapchat? Follow us at [runners.world](https://runners.world) for quick training tips from Bart Yasso, behind-the-scenes photos and video captured at RW HQ, and much more.



## TRAINING VIDEO

Give your midsection some postrun attention with the standing core routine found on page 62. Watch it demonstrated at [runnersworld.com/standingcore](https://runnersworld.com/standingcore).



## NEWswire

Get complete coverage of the Boston Marathon on April 20—including exclusive race previews, elite interviews, videos, and minute-by-minute race-day updates—at [runnersworld.com/bostonmarathon](https://runnersworld.com/bostonmarathon).





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# THE PALOUSE, IDAHO

## RUNNER

Ian Engerbretson

## THE EXPERIENCE

The Palouse is a region that covers roughly 2 million acres on the border of Idaho and Washington. Seemingly endless dirt farming roads rise and fall over hills blanketed in wheat, barley, and legume crops. The visual effect of the undulations makes it feel like you're running through "waves of land," says Engerbretson. This spot, located just a couple miles north of Moscow, Idaho, guarantees a quiet morning run, save for a passing tractor or two.

## FAST FACT

Prehistoric dust storms formed the rolling terrain; they blew a yellowish, fertile sediment called loess that built up over time.

## WHILE YOU'RE THERE

Join the Palouse Road Runners on Sundays for an eight- to 12-mile run from Friendship Square in Moscow. Afterward, grab an organic cup o' joe at One World Café nearby.

## CROSS-TRAIN

A 30-minute drive north takes you to Kamiak Butte, where you can hike up to its 3,641-foot peak, take in sweeping views of the Palouse, and pitch a tent.

## RACE NEARBY

**Snake River  
Half Marathon**  
*March 2016*

## PHOTOGRAPHER

Ben Herndon



FOR DIRECTIONS,  
RESOURCE INFORMATION,  
AND DOWNLOADABLE  
WALLPAPER IMAGES, VISIT  
[RUNNERSWORLD.COM/  
RAVERUN](http://RUNNERSWORLD.COM/RAVERUN).









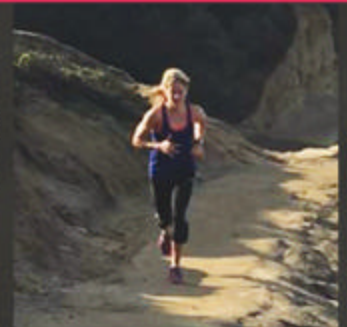


# #SEEMYRUN

New Balance sent Fresh Foam on a journey to capture what running looks like in some of the country's most iconic locations. These are the stories of #SeeMyRun.



**Erika/** SAN DIEGO, CALIFORNIA



#### FRESH FOAM ZANTE

*"Good mix of comfort, ample flexibility, and breathability. It feels like a slipper with pillows underneath my feet."*

#### RUNNING IN SAN DIEGO

San Diego is the combination of perfect weather conditions and amazingly talented runners. It's called "America's Finest City" for a reason.

#### FAVORITE RUNS

Mission Bay and the Boardwalk in Pacific Beach. Before sunrise it feels like my own remote beach before the world is awake.

#### FINDING MOTIVATION

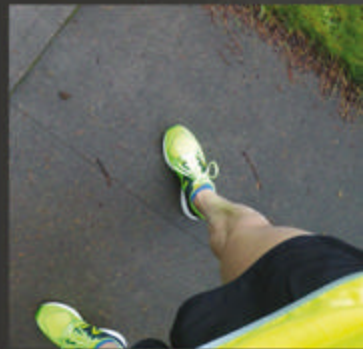
My family, friends, clients, and co-workers motivate me. My goal in life is to inspire other people to live healthy.





#### FRESH FOAM ZANTE

*"I think they really nailed it. The overall construction is great, it feels so light and fresh on my foot. Fresh Foam is a game changer."*



Joel/ PORTLAND, OREGON



#### RUNNING IN PORTLAND

From Forest Park (31 miles of urban park) to the waterfront that overlooks the city skyline, we have so many unique paths you really can't find anywhere else.

#### FAVORITE RUNS

Forest Park, the Portland Waterfront, and Pier Park in St. John's.

#### FINDING MOTIVATION

I love to compete. I always look to see how much faster my body will allow me to go. I want to catch everyone in front of me and stay ahead of everyone behind me.

**Where will running take you?**

See more stories from around the world at

[newbalance.com/seemyrun](https://newbalance.com/seemyrun)



# MANY HAPPY RETURNS



**THE BEST THING I'VE DONE** for my running lately was to stop running. Sounds heretical, but for the past few months, rather than running four or five days a week, I swam two days and went cross-country skiing another two or three. If I ran at all, it was once a week, a few easy miles. The reasons were mostly practical: I have a big triathlon goal this year, and swimming is my weakest link. And here in Pennsylvania, snowstorms and sub-freezing “highs” hit us day after day. I grew up in Michigan, where these conditions are known as “winter,” and we dashed into it with skis, sleds, and skates, thumbing our noses at the season while reaping its rewards. So as the snow kept falling here in March, I kept skiing.

But after a while, I began to feel a vague, low-grade longing. When I started to run again, what had been lacking snapped into view. Here's what I missed most, am happiest to get back, and believe running delivers better than anything else:

**The sweat** Sure, skiing is a workout, and afterward I had to hang my base layer up to dry. But there's no substitute for the cathartic sweat a good run froths

up. Floodgates open and stress melts. You feel clean, spent, invigorated. (Yes, you sweat when you swim, but it's like singing at a rock concert. Something comes out but you barely notice.)

**The calorie burn** Nothing gets the oven hotter than running. One reason I run at all is so I can eat freely. But my nondiet—three squares, snacks, a glass of wine (or two) with dinner—has earned me five pounds and acquainted me with an unfamiliar notch on my belt. This is not my best self—my running self.

**Fitness** Town loop, a four-miler near our office, normally takes me 32 or 33 minutes. On my first run back, it took 40. And I was pushing it! I'm 47, and the cold calculus of fitness is clear: It takes more time to gain and less time to lose. Running consistently is the best way to oil a key cog in my health and well-being.

**Camaraderie** Few things feel more solitary than swimming. Head down, goggles fogged, senses blunted. And cross-country skiing doesn't exactly appeal to the masses (or to my kids). So I was spending all my exercise time alone. Now I spend more of it with family, friends, and colleagues, and I'm reminded that running conversations are often the truest, funniest, deepest interactions I have all day.

As much as I missed those things, running is adaptable. You can put it aside, do something else, and then return to apply what you've learned. Here are some things I brought back to my running that have improved it:

**Better form** I've been trying for years to lower my shoulders, center my hips, open my stride. Since swimming and skiing are about lengthening, and getting stronger and more fluid at your periphery, they have improved my posture and proprioception.



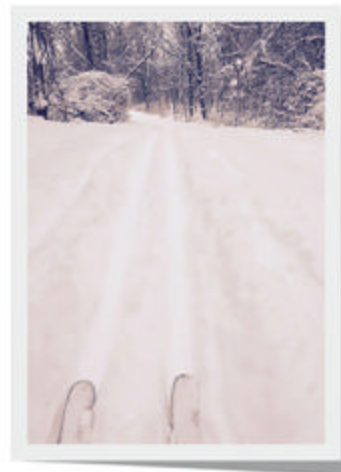
The May/June issue of *Running Times* features a terrific trail-running package and poses a provocative question: Is 100 miles the new marathon?



If you'll be in Boston for the marathon, stop by our expo booth or seminar series at Hynes Convention Center. I plan to report from the press truck, as in years past (above).



The debut issue of *Rodale's Organic Life* came into the world down the hall from my office. It's great, and it's about much more than a certain kind of food. It celebrates the joy that comes from doing what you do all day with intention.



An alternate way around Lehigh University's cross-country course

*Where are my hips? Are my glutes firing, generating energy behind me? So I run taller and easier.*

**A sense of flow** Running lacks a glide phase, those sublime few beats when you're just riding your exertion through the water or over the snow. Instead, it has a swing phase, where you drive one leg forward while pushing off the ground with the other foot. It's a choppy sensation. But I've internalized that sense of flow and am covering ground more smoothly. It helps that I've also adopted parts of Meb Keflezighi's postrun routine (page 78).

**A rested, resilient, cross-trained body** What with all that kicking, reaching, and pulling, my hips, glutes, and upper-back muscles—ignored by many runners—are stronger than ever. Had I trained all winter for a spring marathon, I believe my various woes (left hamstring, right hip flexor...) would've gotten worse. Instead, they've gone away.

I'm back up to three or four runs a week now, 20 miles total, and a sharpness has replaced that vague longing, as though every loose screw has been tightened down. This is why, for me, running is far more than a workout. It's a method for living, a daily dose of positive change. I hope this, and every, issue reminds you of what you love about running and inspires you to find your own best way forward.

**DAVID WILLEY**  
EDITOR-IN-CHIEF @DWilleyRW



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## THE INBOX

## RUNNING CONTROVERSY

"WTF, USATF?" (April) didn't seem to serve any purpose but to create ill feelings and confusion. It intensifies a toxic tone that a few savvy social media members have stirred, and it certainly won't gain fans or participants in our sport.

DEENA KASTOR, MAMMOTH LAKES, CALIFORNIA

I think "WTF, USATF?" was a fair overview of what has transpired over the last two-plus years. I believe for most athletes, it's a case of "don't bite the hand that feeds you"—otherwise we might hear more outrage and less muttering.

KEVIN McDERMOTT, VIA RUNNERSWORLD.COM

## TENACIOUS TROTTER

I was inspired by your story on Ernie Andrus ("Grind of the Ancient Mariner," March). He's living proof that you're never too old to start running. Go, Ernie, Go!

CHRISTINE J., WASHINGTON TOWNSHIP, NEW JERSEY

## TAKING THE HELM

"Women in the Lead" (March) was great, but it would have been even better if you had included Desiree Peterkin-Bell, the race director of the Philadelphia Marathon.

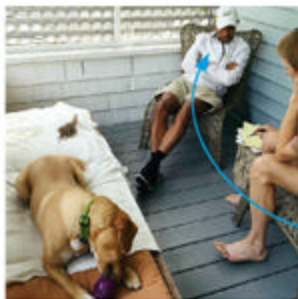
EFUA ORLEANS-LINDSAY, VIA EMAIL

**CORRECTIONS:** In "40 Million Steps Around the World" (April), the photo on page 85 was taken in Wisconsin, not Minnesota.

We neglected to credit Alissa Rumsey, R.D., for providing food suggestions and calorie recommendations for "Time to Eat" (March). Our apologies.

Send comments to [letters@runnersworld.com](mailto:letters@runnersworld.com). If your letter is published, you'll receive an RW T-shirt.

RUNNER'S WORLD reserves the right to edit readers' submissions. All readers' submissions become the sole property of RUNNER'S WORLD and may be published in any medium and for any use worldwide.



## THE OUTTAKE

Scott Douglas, RW's senior content editor, spent two months collaborating with **Meb Keflezighi** on the newly published *Meb for Mortals*, even having the Olympic silver medalist and 2014 Boston Marathon winner over to his house for a couple of working

days. (Douglas's dog Peanut isn't keen on strangers and needed a peanut-butter-filled-chew-toy distraction.) Last April, Douglas was one of the first journalists to speak to Keflezighi after he became the first American man to win Boston in 31 years. "I started crying," Douglas says. "Meb put his hand on my shoulder, and said, 'It's okay, man.' I cried because, after all he's been through—the injuries and doubt—it was such an amazing accomplishment." Read an excerpt of the book on page 78.

With a personal best of 2:08:37, Meb is the fastest marathoner to hang at the Douglas pad, but he's not the only swift guest the writer has hosted. Here, his futon's marathon PR list:

**2:09:28**

Bill Rodgers,  
four-time Boston  
Marathon winner

**2:14:56**

Nate Jenkins, 2009  
World Championships  
marathoner

**2:12:26**

Mark Conover,  
winner of the 1988  
U.S. Olympic  
Marathon Trials

**2:15:51**

Jim Hage, three-time  
U.S. Olympic Marathon  
Trials qualifier

**2:13:28**

Keith Dowling, 2003  
World Championships  
marathon competitor

**2:17:01**

Chris Chatten, two-time  
U.S. Olympic Marathon  
Trials qualifier

## THE STATS

**58**

Percent of runners track their runs with a GPS or smartwatch

**27**

Percent use a mobile app

**8**

Percent use a regular watch

**7**

Percent don't track their workouts at all

Find reviews of seven activity trackers on page 66.

Based on 4,278 responses to an online poll



This savory, protein-packed dish is a great breakfast-for-dinner candidate.

## THE BRIGHT IDEA

Our **Green Eggs and Ham oatmeal** recipe ("Bowled Over," March) inspired Allan Grossman, a classically trained chef, RW reader, and runner. "I had to put my own twist on this dish," he says. So he kicked it up with his mango hot sauce:

3 mangos or 8 ounces mango puree  
1 small can tomato paste  
1 tablespoon cayenne pepper

¼ cup sriracha hot sauce  
1 cup water

Peel and dice the mangos. Place mango, tomato paste, cayenne, and hot sauce in a blender. Add 1 cup water and blend until smooth. Pour contents into a small saucepan and heat over medium heat until bubbling. Simmer for 3 to 5 minutes. Serve over hot oatmeal.



## THE DEEP TWEET

### "MY TWIN!"

posted  
@larryd012575 on  
the illustration of  
Marc Parent in the  
Jan./Feb. issue.



## THE QUESTION

# f WHAT IS YOUR SIX- WORD BOSTON MARATHON STORY?

"Runners training in  
snow amaze me."  
—@iamrunningthis

"Escorted blind runner for  
10K leg."  
—@BobGlissmann

"May qualify when I'm  
eighty-something."  
—Becca Fenstermaker

"A news day I'll never  
forget."  
—@NMMan

"Stopped 2013, finished  
2014, return 2016."  
—Kristen Souza

"What is the qualifying  
time anyway?"  
—Edward McCarty

## THE IMAGE

#RWFIRSTTRACE



"MY FIRST  
XC MEET.  
SEPTEMBER 1998.  
MORIARTY, NM.  
I WISH I STILL  
HAD THAT FORM!"

—@airrunlewis

Next month, show us  
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Tag it #RWSplurge

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# HUMAN( )RACE

NEWS, TRENDS, and REGULAR RUNNERS doing INTERESTING THINGS

## BACK STORY

### DESI DAVILA LINDEN

31, ROCHESTER HILLS, MICHIGAN

Linden has quite the history with Boston. It's where she made her marathon debut in 2007 and ran the Olympic Marathon Trials in 2008. She placed second in 2011 (2:22, outkicked by two seconds) and 10th last year (2:23). On April 20, she'll line up in Hopkinton again. —NICK WELDON

#### BOSTON FEVER

I think I have some big performances left in me, and there's something about the city and atmosphere that brings out the best in me. A top-three finish would be fantastic. If the opportunity is there, I won't back down from competing for the win.

#### WORK TRIPS

I spent February in Kenya and Orlando [pictured here] to train without worrying about weather.

#### CHEERS!

My sister, Natalie, ran Boston last year [4:06]. This year, she'll be coming to spectate. There's a good chance we'll have drinks at Bukowski Tavern. They have a nice beer selection.

#### THE COMEBACK

I suffered a femoral stress fracture in the 2012 Olympic Marathon. I took 12 weeks off and addressed hip, glute, and core weaknesses. I'm trying to get even stronger this year.

#### CALL ME...

Close friends call me Des.

#### SWEAT EQUITY

I cast off a long-sleeve shirt during the 2014 NYC Marathon [she ran 2:28]. A friend said, "Someone has a prized possession now." I said, "That's disgusting—who would be proud of that shirt?" Then a lady posted on my Facebook wall: "My friend got your shirt. I'm so jealous!"

#### CAFFEINATED

I love coffee. I left clothes behind in Kenya so I could bring back 10 pounds of it.

#### CLASSIC ROCKER

I'm a big music fan. My husband, Ryan, and I saw Bob Seger three times one summer. We held down the average age of the crowd.

#### WATERBUG

I like stand-up paddleboarding, but any athleticism I have is negated when I do it. It requires upper-body strength.

#### RIO REDEMPTION

I hope to make the 2016 Olympic Marathon team and be more familiar and comfortable at the Games this time around.

## POWER COUPLE

### OPPOSITES ATTRACT

Ryan [a 2:26 marathoner and a triathlete] is always happy. When my training ramps up and I'm cranky and tired, he can pull me out of a rut.

### NOT GONNA TRI

When Ryan trains for an Ironman, I'm like, "That's stupid, no one should do that." But at the awards ceremony, they show these awesome videos, and for 15 minutes I'm like, "I want to do that." But only for 15 minutes.

### BOSTON STRONG

We were in Boston for the 2013 race. So for our wedding the following August, we made a donation to the One Fund Boston in lieu of party favors.



### PUP PARENTING

We have a golden retriever, Miles, and a Chesapeake Bay retriever pup we refer to as "The Brown Dog."







# FLASH FROM THE PAST



→ The singular distinction of qualifying for the Boston Marathon calls for, well, a distinctive singlet. That's the idea behind Tracksmith's "BQ15," a throwback tank available only to those who qualified for this year's legendary race. Matt Taylor (left) cofounded the running apparel brand last year with the notion of pairing classic aesthetics with modern performance fabrics for men. (Women's apparel is coming soon.) "We wanted to celebrate one of the best achievements for amateur distance runners," says Taylor, who cross-references orders with the Boston Athletic Association's qualifiers list. Taylor says more retro Tracksmith singlets are on the way. Which got us thinking about iconic looks that could inspire future designs. —NICK WELDON



BQ15 singlet is available only to Boston Marathon qualifiers. \$70, tracksmith.com



## NEW YORK PIONEER CLUB

The NYPC was one of the only integrated running clubs of its era. Ultramarathon legend Ted Corbitt joined the club in 1947.



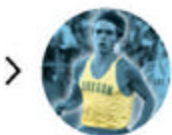
## 1960 OLYMPICS

In 1960, Wilma Rudolph became the first American to win three gold medals in a single Games, in the 100, 200, and 4 x 100-meter relay.



## WESLEYAN UNIVERSITY

RW's Amby Burfoot wore this when he became the first-ever collegian to win the Boston Marathon, in 1968.



## UNIVERSITY OF OREGON

Track legend Steve Prefontaine wore this singlet during his 1969–70 freshman year, when he landed on the cover of *Sports Illustrated*.



## 1972 OLYMPICS

The singlet that launched a running boom. Frank Shorter's win at the 1972 Olympic Marathon inspired a generation of recreational runners.



## NORD ITALIA

Pre got this singlet in Italy in 1974. The only time he raced in it was on May 29, 1975—hours before he died in a car crash. He was buried in it.



## NORWEGIAN FLAG

Grete Waitz won a remarkable nine NYC Marathons. The first came in 1978, when she wore this singlet, adorned with the flag of her home country.



## BOWDOIN COLLEGE

Joan Benoit was a college senior when she won the 1979 Boston Marathon in this singlet and a backward Red Sox cap. A star was born.



## ATHLETICS WEST

Representing the first great team of postcollegiate runners. Benoit and Mary Decker wore it. As did Alberto Salazar for his epic 1982 Boston win.





# WHAT FEET DREAM ABOUT.

## NIKE AIR ZOOM VOMERO 10

When feet fall asleep, what do they dream of? Twenty-milers that feel like 8. Gain without pain. Down-filled sidewalks. On-demand tailwinds. Marathons held entirely on airport moving walkways. Rocket-propelled blimps. Kick-drum solos. Being shot from a cannon into a marshmallow mountain. Slapping a unicorn on the ass en route to winning the triple crown.

But their favorite dream? Getting ultra-responsive Zoom Air and ultra-plush Lunarlon foam in every step, courtesy of the Nike Air Zoom Vomero 10.

GEAR UP AT [NIKE.COM/RUNNING](http://NIKE.COM/RUNNING)





Clark runs through the HR logo.



I RAN IT OFF!



**DAVID CLARK**  
BEFORE 320 LBS (above)  
TODAY 160 LBS (in Colorado)

Leg ink celebrates his two 135-mile Badwaters.

→ **David Clark** used to rely on Vicodin, Percocet, or codeine—chased with Johnny Walker—to get through the day. The addict had lost an \$8 million mattress company, weighed 320 pounds, was prediabetic, and had blood pressure so dangerously high that his doctor said, “You may have a stroke within the hour.” His attempts at parenting were also failing: Too drunk to wrap Christmas presents for his son and daughter one year, he clumsily plastered the gifts with paper and electrical tape before passing out. “Every single morning I’d say, ‘I quit,’” says Clark, now 44. “Only one day, I meant it.”

A few days later, in August 2005, Clark showed up at a gym where he’d been an absent member for 10 years. He climbed on a treadmill and ran for 15 seconds. He liked the idea of being a runner, and thought if he could tackle something as seemingly impossible as getting sober, then maybe he could do other seemingly impossible things—like becoming a runner.

Clark continued running and cleaned up his diet. Booze no longer fed his destructive food tendencies. “I’d eat unhealthily late at night after drinking all day,” he says. “I had a terrible diet. I didn’t look at food as fuel.” By November, Clark was down to 260 pounds and ready to buy his first pair of running shoes. He admitted to the salesman that he wanted to run a marathon. “I was running an 11.5-minute mile, and didn’t feel like a real runner,” Clark says. “But he told

## HIGH ON RUNNING

At half his old weight, a former addict plans to run the Boston Marathon. Four times in 24 hours.

### GOING FOR THE QUADRUPLE

Starting at 5 p.m. on Sunday, April 19, Clark will run 26.2 x 4 on Boston’s storied course. Here’s how.

#### THE 104.8-MILE PLAN

**5 PM–9:30 PM**

Run from the finish line on Boylston Street to the starting line in Hopkinton.

**9:45 PM–1:45 AM**

Apply lube, possibly change shoes, then run from starting line to finish line.

**1:45–2:45 AM**

Change clothes, eat a meal, and rest for an hour.

**2:45 AM–7:45 AM**

Run from the finish line to the starting line. Again.

**10:25 AM (PENDING WAVE ASSIGNMENT)**

Run from start to finish in the official Boston Marathon.



me, 'If you're out there, you're a runner.'" The encouragement emboldened him to enter his first 5K and then to join local group runs. "I no longer felt alone, which was huge," he says. "I finally found a community."

That support has helped carry him far. Today, Clark weighs 160 pounds, owns his own gym (Snap Fitness in Louisville, Colorado), adheres to a mostly vegan diet, and has completed 29 ultramarathons. His spring calendar includes an endurance event of his own design: a quadruple Boston, in which he'll run 104.8 miles through the city's streets in conjunction with the official marathon.

The Boston Quad isn't for the mileage junkie's own satisfaction. Clark hopes to raise awareness for The Superman Project, a crusade he launched in 2011 to inspire people struggling with obesity, addiction, or any trauma to reinvent themselves as athletes. "I want to help people do something they think is impossible—run a 5K, finish a marathon, climb a mountain—to break out and capture a new life. Running has brought balance into my life. It's brought me back to the things I almost lost. Now, I can be that father, that person I've always wanted to be."

—KELLY BASTONE



Clark wore these size-50 basketball shorts for his very first run, which lasted 15 seconds.

## Road Trip

Clark is dedicating the first in his Boston marathon series to people who have escaped addiction. The second is for those still struggling with drug dependency (including Clark's younger brother). The third is for addicts' families, because "For every addict out there struggling, there's a whole family of victims." The final (official)

Boston Marathon memorializes Sophie Kelly, a Boston teen who died from a heroin overdose in 2014.

### THE SUPPORT

For the first three marathons, a support car will offer him fuel every three miles. Gels will power Clark through the first 55 to 60 miles. After that, he'll down potatoes, salt, and water.

### THE PACE

Clark expects it to take between four and five hours to run each of his four marathons.

### THE AFTERMATH

Once he's done, Clark plans to find an apple fritter (his favorite post-run treat) and a Starbucks. "It sounds sick, but I truly enjoy the feeling of being totally wrecked and unable to stand after running 100 miles, so I'll just sit, smile, and reflect."



In 2012, Clark completed a 340-mile run across Colorado (above). At home, he decorates his living room mantel with his finisher's medals, including some from the prestigious Leadville 100 ultramarathon (left).

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## RUNNER BY THE NUMBERS

# BEN BEACH

65, BETHESDA, MARYLAND

Finishing a marathon is no day at the beach even for Beach, who holds the record for most consecutive Boston finishes. The last two for the writer/editor were especially tough. In 2013, a calf strain forced him to walk from miles 10 to 24.5, where police ended his race due to the bombings (officials counted it as a finish). In 2014, a neurological disorder that affects his left leg led to a 5:26 finish. "It's hard to accept my times now, but I'm so grateful to be running," he says. "Patriots' Day is my Thanksgiving." —BOB COOPER



# 3:16:22

AVERAGE TIME FOR ALL OF BEACH'S BOSTON MARATHON FINISHES

# 17

Number of sub-2:40 finishes at Boston, matching Johnny Kelley's total

# TEN

Number of postcards Beach writes and mails from the start at Hopkinton each year to family and friends

# 28

NUMBER OF OTHER MARATHONS HE'S FINISHED

# 47

Number of consecutive Boston Marathons Beach has logged. His fastest finish was in 1981, when he ran 2:27:26.

# 1,205

MILES BEACH HAS COVERED DURING BOSTON MARATHONS

# THIRTY-FOURTH

Beach's highest placing at Boston, in 1985

# 2

Marathons he has won (Gettysburg, Pennsylvania, and Fairbanks, Alaska)

# 42

CONSECUTIVE CHERRY BLOSSOM 10-MILERS HE'S RUN SINCE THE INAUGURAL RACE

# 1972

ONLY YEAR HE CONSIDERED DROPPING OUT, DUE TO KNEE PAIN, BUT HE COULDN'T FIND A RIDE TO THE FINISH



GO YOU!

## Runners who inspire us



**REBEKAH GREGORY**  
*Boston survivor becomes a runner*


Gregory and her 5-year-old son were spectating at the 2013 Boston Marathon when the bombs exploded. Noah's injuries were minor, but Gregory was left with hearing loss and bones protruding from her left hand, and her left leg was a mess. "Chunks were missing; I looked like leftovers from a shark's meal," says the 27-year-old from Richmond, Texas. After many operations to salvage the limb, Gregory decided to have it amputated in November 2014. With a unique sense of humor, she threw her leg a goodbye party and pampered her foot with a final pedicure. "After my amputation, I felt relief," she says. "My life was finally moving forward again."

Gregory had never considered herself a runner, but after receiving her prosthetic leg, she set the goal of running the 2015 Boston Marathon. She worked with a trainer to build core strength and endurance and began running on the prosthesis in February. "Two bombers tried to destroy me, and instead they made me stronger," she says. Follow Gregory's training at [runnersworld.com/backto](http://runnersworld.com/backto) boston. —KATIE NEITZ



When Gregory received her prosthetic limb (left), she wrote a birth-announcement-style post on Facebook with these photos.





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*Runyan (with her guide dog, Grafton) uses technology to help students like Aiden Scott.*



**MARLA RUNYAN**

**AGE 46**

**RESIDES** WATERTOWN, MASSACHUSETTS

**CLAIM TO FAME** IN 2000, RUNYAN BECAME THE FIRST LEGALLY BLIND PERSON TO COMPETE IN THE OLYMPIC GAMES, IN SYDNEY, AUSTRALIA, IN THE 1500 METERS. OTHER CAREER HIGHLIGHTS INCLUDE WINNING FIVE PARALYMPIC GOLD MEDALS AND THE 2006 USA MARATHON CHAMPIONSHIPS.

**CURRENTLY** ASSISTIVE TECHNOLOGY TEACHER, PERKINS SCHOOL FOR THE BLIND

## LEADING THE BLIND

A visually impaired Olympian empowers disabled youth.

### → The idea of teaching the blind

appealed to Marla Runyan even before her pro running career took off. Runyan, who started losing her eyesight at the age of 9, earned a master's degree in communicative disorders in 1994, years before she became a two-time Olympian (1500 and 5,000 meters) and a national marathon champion. So when the athlete was forced into retirement in 2008 because of chronic back problems, she knew what her second act would be. "I wanted to do something where being legally blind would be an advantage, where I could be helpful," she says.

She pursued a second master's in special education, which led to a job at the prestigious Perkins School for

the Blind in Massachusetts, whose most famous pupil was Helen Keller. Last year, her first, Runyan taught physics, and this year she moved into assistive technology and computers; she teaches students how to use adaptive devices for reading and note-taking. "The first time I was in college, I had to hire readers to read to me, note-takers in class to copy down what was on the board," she says. "Now a lot of those access issues are being replaced with technology. That's why I love teaching it."

Runyan's students, who range in age from 14 to 20, don't care much about her athletic career, in which she earned five Paralympic gold medals and a marathon PR of 2:27.

"A lot of my students know because somebody told them, 'Marla was in the Olympics, Marla's a runner,'" she says. "They're like, 'Yeah, whatever.'"

Runyan has a 9-year-old daughter with her husband and former collegiate distance runner, Matt Loneragan, who helps coach women's track and cross-country at Northeastern University in Boston. This year, she volunteered with the cross-country team, working with student athletes on their long runs.

"I learned very early on that if I wanted to accomplish something, I was just going to have to work twice as hard at it," she says. "That's what I want to convey. You can do this, but you're going to have to work for it." —NICK WELDON



## HOW RUNYAN SEES IT

Runyan can make out shapes and colors up to 15 feet in front of her and at her periphery. Over the years, she's learned some tricks to overcome these limitations.

### Listen Up

In track meets, Runyan couldn't see far enough ahead to know her place or to read lap counters or the clock. She relied on the stadium announcer to call out positions, laps, and splits.

### Know Your Competition

"I remember at the 2004 Olympic Trials in the 5000, Amy Rudolph passed me going into the last lap. I could identify her by her form and hair and knew she'd been

running really well, so I thought, *I better go with her.*"

### Study the Course

For road races, Runyan would go out in advance to jog sections to learn useful landmarks. "Like, when I see this big building here, that's the two-mile mark."

### Look for Contrasts

Today, Runyan's depth perception and acuity have worsened. She runs trails and bike paths only with others, but has learned to pay attention to changes in color. "If it's a gray bike path and there's something black, I know to avoid it."

### Beware of the Sun

Heavy sunlight can cast large shadows, which can obscure obstacles. "Cloudy days, I see a lot better."



Runyan does long runs and attends meets with Northeastern University's women's cross-country team.



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## Road Scholar

BY PETER SAGAL



# THE POINT OF NO RETURN

Why would anyone drop everything for a cross-country run?

**W**

oody Guthrie sang that “from the redwood forest to the Gulf Stream waters, this land was made for you and me.” Maybe so, Woody, but still, I wouldn’t want to run across it. ¶ Yet Adam Meyer and Ashley Donovan did. And when their joint community-engagement-promoting, general why-the-hell-not “Run2Connect” project, in which they ran (on foot! All four of them!) from Portland, Oregon, to Washington, D.C., reached Chicago, I joined them for a few miles. I wanted to ask them not just why but *how*? How exactly do you run across the country, crossing a fairly rocky mountain range and some pretty great plains, without losing your mind, wrecking your feet, and getting lost and having to eat each other in a mountain pass?

¶ Turns out it’s really simple. All you need to do is: (1) Buy an old RV to sleep in. (2) Buy or wheedle lots of shoes and running gear. Also maybe a case of beer. (3) Start. (4) Stop when you see the U.S. Capitol. ¶ It also helps to be young, athletic, and almost annoyingly nice. Adam, 28, is a hyperactive do-gooder, a guy who jumped from college to college seeking more stuff to learn, then ended up in Washington, D.C., working for a series of nonprofit advocacy groups. Ashley, 31, had just spent eight years getting her chemistry Ph.D. at

Princeton but is possessed by the same bright urge to improve the world. They’re also both freakishly attractive and surprisingly not a couple, but they should be, if only for the prospect of gorgeous babies who presumably would sprint out of the delivery room to help orderlies improve their working conditions.

It all began, they explained to me, in a Washington, D.C., coffee shop. He told her that he’d always wanted to run across the country. To which Ashley replied, “Let’s do it!” I remind you, they were drinking coffee.

Their project required organization, about \$20,000 for expenses, and a little patience—they had to wait until Adam got back from the FIFA World Cup in Brazil. Which he drove to. From D.C. Adam likes road trips.

And it needed a purpose—apparently, running across the country just because you feel like it, *Forrest Gump*-style, is not done. According to Run2Connect’s website, the aim of the run was to “search for ways to connect individuals, support communities, and encourage improvements to our public systems.” What this amounted to, in practice, was arriving in some small town, introducing themselves to a wide range of local officials, and finding out what they were doing that was cool. They talked about energy efficiency in Jackson, Wyoming, and “the positive economic impact of a Coca-Cola bottling plant and rotational molding manufacturing company” in Atlantic, Iowa.

Okay, great. I’m for rotational molding as much as the next guy. But what about the running across the country part?

“Well,” Ashley told me, “we have learned to appreciate trails and sidewalks.” This is because American roads (outside of cities) are made to drive on, quickly, ➔



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→ while texting with one hand and drinking a Slurpee with the other. Both Ashley and Adam had had enough close calls to be wary. It was a little scarier, of course, when they were by themselves. For part of the trip, they had volunteers who drove the RV, so they could run together. But for much of the eastern half of the journey, one runner drove the RV, and the other logged the miles. Taking shifts, they ran about a marathon's worth of miles a day.

And what was that like?

"Wonderful," Adam said.

"Never once been bored," Ashley added.

I found that hard to believe. But then again: I ran with them for eight miles along the Chicago Lakefront. And I found out, much to my amazement, that after lunch they were continuing their run across the country. Their plan was to push on to Washington, D.C., and they showed no fatigue or unhappiness with the prospect of the miles and miles ahead of them. In fact, as I paid for lunch (40 bucks, enough to become an official Run2Connect sponsor), they were eager to roll.

Ashley and Adam think about a dozen people run across the country every year, for charity or acting out of individual obsessions. Myself, I like to start my run from my own bed and know I'll end up back in it, sooner rather than later. Call me crazy, but I also have a thing for hot showers. To break the country down into 3,000 eight- to nine-minute miles, and then count them off? It sounds daunting, impossibly long, impossibly monotonous.

And yet. For all our talk of running as "a lifestyle," we don't mean it. For almost everyone, it is an addition to our day, or an extension to our daily travails.



**Ocean to ocean:  
Cool or crazy?**

Join the conversation  
on Twitter using  
**#roadscholar**  
and by following  
**@petersagal**

What would it be like to run, say, 10 miles a day for a week, and, as in the old joke, actually end up 70 miles from where you started? When I met Adam and Ashley, they had been on the road for three months, and by that I mean *on the road*, every single foot of asphalt traversed by a foot of their own.

I have no desire to spend all day in my running clothes, counting miles until lunch and then again until dark, and then get my paperwork done and food shoveled and a beer guzzled before the next day begins. But I will confess, writing here at my desk, surrounded by papers and bills and books, with the floors of my house above me threatening to crush me with the weight of furniture and responsibility, thinking of Ashley's and Adam's warm enthusiasm for their mission and their journey...maybe it wouldn't be so bad. What if, instead of "fitting in" a run, I could make it the entirety of my life, if only for a short time? Would I grow to love it even more, and go to sleep, as Ashley and Adam did, looking forward to the next day's morning run? Or would

I start to resent it, the way one does any obligation, and wish I could sit in an office and file expenses? Just to take a break?

I'm not sold either way. But after meeting Ashley and Adam, the Barbie and Ken of transcontinental do-gooding, I'm willing to entertain the idea. Perhaps I shall strike the desk, say "No more!" and hit the road, finally giving up the "back" part of out-and-back. All I know is that if Ashley and Adam ever run back across the country and pass through Chicago, I'll be waiting at my door, shorts on, spare shoes in a sack, ready to throw into their RV. It may be, by then, that I'll be ready to see how far I can go. 🏃

Peter Sagal is a 3:09 marathoner and the host of NPR's *Wait, Wait...Don't Tell Me!* For more, go to [runnersworld.com/scholar](http://runnersworld.com/scholar).



## ASK MILES

He's been around the block a few times—and he's got answers.



**A runner tapped me on the shoulder at a race to get around me. I was stunned! Is this proper etiquette?**

—Sylvia M.,  
via Facebook

**I often see people running with traffic. Should I tell them they'd be safer on the other side of the road?**

—Tom A.,  
Carrboro, NC

Better a shoulder tap than a cattle prod, Sylvia. Now that would be stunning! Seriously, though, moving through a field of runners can be tricky. Especially if the field is dense, and doubly especially when runners wearing headphones may not hear an "excuse me." So I can't call this behavior improper—it may have been the only way to get your attention. Of course, she could have waited a few moments for space to open up. But in a crowded race, as I'm sure you know, patience is in shorter supply than elbow room.

Here's my rule of thumb when it comes to offering unsolicited advice: Don't. Unless someone is in imminent danger, your words of wisdom will almost certainly feel intrusive and patronizing. (By the way, this goes for advice on parenting, relationships, money, fashion, and nutrition.) Besides, while it's true that running against the flow of traffic is generally safest, there are a handful of exceptions (when running around a blind curve, for instance). So, my advice to you—remember, you asked for it!—is to keep quiet and lead by example.

## MILES ASKS

**If a trail runner falls in a forest and there's no one there to see it, is it still embarrassing?**

**Yes, even the small woodland animals are laughing at you.**

@Coach  
Potter800

**Nope. The retelling is much more athletic, dangerous, and exciting than the actual event.**

@Trails\_Tris

**He won't be able to resist telling others about it, so it will be eventually.**

@Stanford  
Steph

Have a question for Miles? Email [askmiles@runnersworld.com](mailto:askmiles@runnersworld.com) and follow @askmiles on Twitter.





## THE PULSE

# FAN GIRLS

It's a tradition that stands out as one of the Boston Marathon's oldest—and loudest. Students from the all-female Wellesley College line the course to support runners with handmade signs, raucous cheers, and, famously, free kisses. Here, the numbers that make the Scream Tunnel resound. —NICK WELDON



# 119

years that the Wellesley women have gathered to cheer runners—dating to the first Boston Marathon

# .25

miles of screams, the Tunnel's length

# 120

decibels, roughly the peak noise level reached, comparable to a police siren

# 12.5

mile where the Tunnel begins

# 6:30

time in the morning students start to hang 800+ signs. The first runner hits at 10 a.m.

# 15,000

estimated number of kisses given

# ONE

mile away—distance where runners hear the first echoes of the Wellesley crowd

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## The Fast Life

BY LAUREN FLESHMAN



## TAKE IT FROM ME

Listen to advice from the best coaches in the biz, like I didn't.

**D**espite the apparent eternal youth of certain 40-something elites, like Bernard Lagat and Deena Kastor, most of us pro runners tap out in our early to mid-30s to join the ranks of the enthusiastically recreational. I am currently 33, which is like 74 in pro runner years. And like lots of hip grannies I know, I am finding myself increasingly reflective of my early runner years, able to see which seemingly insignificant moments turned out to be critically important turning points. And with only a few more years left of my pro runner life span, I'm doing my best to scoop up all these lessons now to make the most of it. Had I listened to this advice when I was at the top of my game, I could be writing this column from my vacation home in Monaco between spa treatments.

### CONSISTENCY WINS

In my first pro track season (2004), I literally ran into legendary University of Colorado coach Mark Wetmore on the woodchip trails at Stanford University, the day before going up against his athletes in a 5K track race. I hadn't spoken to him much in the five years since we sat face to face at his desk on my recruiting trip to University of Colorado as a 17-year-old prospect. Wetmore broke the awkward silence by congratulating me on going pro, and offered some advice. The key to becoming great, he said, isn't found on the edges of training, diet, science, or technology. The key is consistent, uninterrupted training. This coming from a guy who coached like a million All-Americans and NCAA champs, and a bunch of Olympians, including my Oiselle teammate Kara Goucher. Did I listen? Nope.

A perceptive guy, maybe he sensed that I had changed since graduating and going pro. This was the year that I abandoned the consistent approach from college that won me five NCAA titles and 15 All-American titles. The year I decided that I needed to make the leap to the next step (winning at an international level) and that I needed to make it all in one year. I went on to lose eight pounds in an attempt to get my measurements to match those in world record holder Paula Radcliffe's online athlete bio (which, as it turns out, was wrong). I lived like a Kenyan (that is, my fantasy of a Kenyan's life). I severed relationships. I stopped listening to my body. I tried to will myself to the next level. The very week after running into Wetmore at Stanford, I broke my foot, and his words haunted me for three years until things finally clicked. Back when I was a little softer, stayed up late with friends occasionally, and slowed my paces down or skipped a run when I was extremely tired, I was a force.

Being consistently "pretty awesome" beats "amazingly awesome" →







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# THE INTERSECTION

Where running and culture collide

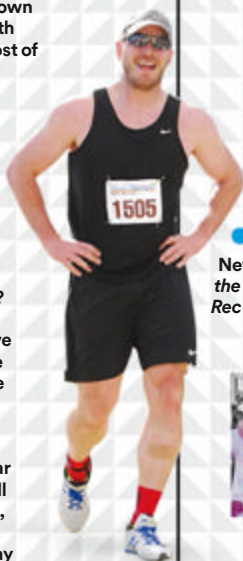
Read Rebekah's story on page 24.



Robert Bruce, who created a charity to raise money through running events for those affected by the 2012 Newtown shootings, is charged with fraud. He allegedly kept most of the money for himself.



Undivine intervention? RNR Philly is forced to move its Sept. race date because the Pope is coming to town. The race, a popular tuneup for fall marathoners, is pushed to Oct. 31, the day before the NYC Marathon.



## MOMENTOUS



NASA celebrates as Mars Rover, the robot that's been exploring Mars for 11 years, approaches 26.2 miles.

Newly buff *Guardians of the Galaxy* and *Parks and Rec* star Chris Pratt clocks a 5K in 24:37.



Ultrarunner Gregory Gourdet is the runner-up in the latest season of *Top Chef*.

Supermodel Karlie Kloss runs the Paris Half Marathon in 2:18.



Nike re-releases its classic Cortez, the shoe most famously worn by *Forrest Gump*.



Michal Kapral, the world's fastest marathoning juggler, stars in ads for Fairfield Inn & Suites.



Marathoner Robert Herjavec, an investor on ABC's *Shark Tank*, takes on a new athletic endeavor on *Dancing with the Stars*.



Nick Symmonds trades the track for cargo nets, rope climbs, and spinning logs on NBC's *American Ninja Warrior*.



Nevada okays gambling on Olympic events. A top betting house already has Usain Bolt as the 100-meter favorite for Rio.

Dole Japan claims it's created an edible wearable—a banana that displays a runner's time and heart rate and advises the wearer when to eat it.



## FRIVOLOUS

STOP!

Olympic hurdler, proud virgin, and movie critic Lolo Jones tweets: "Funny how some people think there's nothing wrong with *Fifty Shades of Grey*. God didn't create sex for that purpose. Watch another movie."



GO!

➔ because amazingly awesome rarely makes it to the starting line.

## IT'S A BUSINESS

My first world cross-country team, I was teammates with none other than Bob Kennedy, my pro running hero. Former American record holder, Olympian, first non-African under 13:00 for 5K, had a Nike racing spike named after him—you get the picture. He was 79 in pro runner years at the time, and I was cracking the starch on my first-ever pro runner onesie, trying not to use my pacifier in public. One night in Belgium, my coach and I grabbed dinner with Bob, and over steak and fries I calmly asked if he had any advice for me as a first-year pro hoping to reach his grizzly age one day without losing my job. Stories of athletes losing their contracts or suffering massive financial reductions after one bad season swirled around everywhere, and here Bob was, seemingly unscarred, a legend, and someone I assumed would be on a lifetime contract after he retired. How can I get job security? How do you get the powers that be to believe in you? To see you through the tough times that befall all athletes? To invest in and market the journey?

Bob didn't rant, tell horror stories, or complain. He essentially said, "Don't believe for a second it's anything but business. If you take that advice, you'll never be disappointed." I nodded my head like a good student and then promptly set out to prove him wrong. He wasn't.

Sports sponsorship is not philanthropy. While different companies have varied approaches to what they value, how they measure performance, and how cutthroat they are, they all care about return on investment. It's important to know and accept what makes their motor run. Trying to change a company's core is like trying to change your spouse. You might be able to get him to put the toilet seat down, but he's never going to "enjoy" foreign films.

## DON'T TRY TO IMPROVE MORE THAN ONE OR TWO THINGS PER SEASON

Teammate Nick Symmonds, one of the most consistent 800-meter runners of all time, used to blow our minds when he would say he was only picking one or two things to improve on in the upcoming year.





# It took me years to understand an important lesson from the legendary Kim Smith: Life is better with bacon.



This was a guy whose entire job was to be a PROFESSIONAL ATHLETE. Our pro team full of talented people would look at him and think he was underreaching, and that it was irresponsible to have that much potential and intentionally leave so much of it untapped, saved for a later date that may never come. But you know who was laughing at the end of every season? Nick. Nick was one of the top performers in the world every single year. Half the team never made it to the starting line. You'd think this would convert all of us to Nick's approach, but people are funny. Instead, most people would say "Nick's just a freak. His success comes in spite of his approach. Imagine if he actually took some risks. How good could he be?"

## THERE'S NO MAGIC TRAINING PROGRAM

A.k.a. "Stop looking at what everyone else is doing all the time: It's annoying, not to mention it makes you incapable of optimizing what you've got." Okay, so legendary coach Vin Lananna didn't say that exactly, but I kinda wish he had. I brought home a lot of hardware with Vin as my coach at Stanford, but after college I started comparing my training to what other pros were doing. Vin was receptive to outside ideas, but he warned me that I wouldn't find what I was looking for.

Every hour spent looking for it was a missed opportunity to absorb, build, and capitalize on what I had right in front of me. Did I listen? I'm assuming you're seeing a theme here. I left Vin for another program, and ran into the same problem there. It wasn't until six years later, when I started working with coach Mark Rowland, that I was ready to take Vin's advice. I vetted Rowland's philosophy before committing, and then went all in. I saved evaluation

time for when it was appropriate and useful—during the off-season—and had the best international results of my career. I think coach Dena Evans said it best (also something that I didn't listen to for 10 years): "Leave the dance with the guy who brought you."

## EAT MORE BACON

When I roomed with Kim Smith on the international racing circuit in 2003, I couldn't believe her diet. Packs of gummy candies. An abandoned half-gnawed carrot to fulfill the veggie requirement. After a particularly stunning race performance, in a diner at London's Heathrow Airport, she engaged with a second dripping slab of fatback bacon without a trace of guilt, with no sign of internal caloric calculation, and I had to say something. "Kim, how can you eat that and be so lean and fast?" She looked up from her plate, and in her New Zealand accent through shining lips simply said, "You can eat byken."

I preferred to believe Kim had a superhuman metabolism, and that egg-white veggie omelets and giant salads were the only way I could maintain my form. It took me years to realize that you don't have to have a "bad list" of foods so long as you eat appropriate portion sizes. A belated thanks, Kimi. Life's better (and faster) with byken. In fact, thanks to everyone

who gave me advice that I ignored. And thanks to everyone I still haven't listened to, there's still time. Despite my advanced professional years, I don't plan on quitting the sport anytime soon. I hope to run through my 70s. The real 70s. The opportunities for epiphany are boundless! 🍖



**What's the best advice you ever received?**

Join the conversation on Twitter using **#RWAdvice** and following **@laurenfleshman**

Lauren Fleshman is a pro runner with Oiselle, cofounder of Picky Bars, and coauthor of the recently published *Believe Training Journal* (Velo Press). For more, go to [runnersworld.com/laurenfleshman](http://runnersworld.com/laurenfleshman).

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## TAP-TAP

That's how Apple wants you to know that you have run a mile, received a text, should head to that meeting. No beeps (so public, so last year), just a tasteful tap on the wrist from sensors in the long-awaited Apple Watch, on sale this month. The brushed-aluminum Sport version, starting at \$349 (photo), is Apple's first-ever running...ironically, "watch" doesn't capture it. Equipped with a heart-rate monitor (via those sensors), a GPS (via Bluetooth link to an iPhone), a speaker and microphone (sorry, no swimming), and software that bestows virtual medals for personal milestones, it employs a pleasing trio of circles to display progress, with details a screen-swipe away. Will it, in Apple fashion, change everything? At press time, we hadn't run with one yet, but we'll post a review at [runnersworld.com/applewatch](http://runnersworld.com/applewatch). For road-tests of seven other activity trackers, see page 66.



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# THE POWER OF TWO

*Combine your run with a little something extra to maximize the workout's effectiveness.*

By A.C. Shilton

"IF ONE IS GOOD, two is better" may not always be true. (Case in point: prerace espressos.) But pairing your usual run with another workout can make both elements more effective—as long as you're careful to make the right match. Think of it like a math equation: When you add strides to an easy run or do strength training after a speed workout, the ultimate benefit—extra-fresh legs, or the opportunity to take a complete rest day, respectively—is more like multiplication than just simple addition.

It's important, however, to be strategic. Stacking two workouts together for quantity's sake isn't the goal. Instead, you want the two to complement one another, the way fine wine enhances a steak.

These four pairings of a run with something extra can help you reap more benefits from every session.

## EASY RUN + STRIDES

The point of recovery days is to run easy, but maybe not for the whole time. Coach Eric Orton, coach from *Born to Run* and author of *The Cool Impossible*, says he has his runners finish easy runs with strides—short efforts where you build speed over 50 to 100 meters. "It flushes out the legs just like a massage," he

says, helping you recover from the previous day's hard effort. Research shows that athletes clear blood lactate (which rises in tandem with by-products that cause fatigue) faster with high-intensity work versus slower recovery jogging.

**DO IT** After an easy run, do six or seven strides: Start slowly, then build speed over the course of 100 meters. Once you reach a hard pace, slow down and recover.



*Even a serene, scenic long run stresses your system...so make time for some gentle, calming stretches.*





Strength-train after speedwork to earn an easy next day.

elevated levels of acute testosterone, which can help with muscle growth and repair.

**DO IT** Run, then do your strength work, immediately or later in the day. Focus on functional strength moves (like lunges and one-legged squats). Save the next day for easy active recovery.

#### LONG RUN + GENTLE YOGA

You logged 15 miles before your still-sleeping family knew you were gone so you'd have time for errands. Sound familiar? Coach and Olympian Ryan Bolton says it can be hard to unwind after a long run, but doing so is crucial for the recovery process. One study found that after 2.5 hours of running, athletes had elevated levels of the stress hormone cortisol, which can suppress your immune function. But several studies have shown that yoga and meditation can help bring cortisol levels back down. **DO IT** Directly after your run, refuel and rehydrate. Later in the day, make time for

light yoga, meditation, or a massage. If you choose yoga, focus more on moving and breathing than going deep into stretches.

#### SPEED + STRENGTH TRAINING

Doubling may help you fit in all your workouts (and rest days). "If I give an athlete a strength-training workout and a quality run on Tuesday, it means that Wednesday can be a real recovery day," says Orton. Do whichever workout is more important first. For healthy runners, that's almost always going to be the speedwork. Plus, a 2012 study found that athletes who did aerobic followed by strength training had

#### HILL SPRINTS + TEMPO MILES

Ever had someone blow by you in the last mile of a race? To have what she has, you need workouts that demand stick-to-itiveness even after fatigue sets in. Bolton has his elites do hard hill repeats followed by short tempo runs to build late-race strength.

**DO IT** Bolton suggests doing 15 sprints up an 80- to 100-meter hill. Run the repeats as hard as possible, recovering by jogging slowly on the way back down. After your last hill, head straight into two to three miles of tempo work at your half-marathon race pace. 🏃



### FOLLOW THE LEADER

#### Advice from the world's best runners

**JENNY SIMPSON**, 28, of Boulder, Colorado, USA Track & Field's 2014 female "Athlete of the Year," set a U.S. indoor two-mile record of 9:18.35 in February.

#### REST LESS

"As I get fitter, I reduce the rest interval between repeats rather than doing the repeats faster. A 64-second 400 after a one-minute rest is a lot tougher than a 63-second 400 after a two-minute rest."

#### RUN TALL

"When I get tired, I focus on my posture and arm swing. Instead of thinking about your legs, think about keeping your upper body vertical, strong, and powerful, and your legs will know what to do."

#### THE WORKOUT

"I do a weekly long run of 80 to 100 minutes, even though I usually only race for four. The aerobic-fitness benefits are valuable for the 1500 meters, and it's actually my favorite run of the week."

—BOB COOPER

### Focus on strength moves that work many muscle groups, like these.



#### STRAIGHT-ARM PLANK WITH JUMPS

**WORKS** Arms, core, inner thighs, glutes, and calves  
 • Begin in a high-plank position with your feet slightly wider than your hips and a neutral spine. Jump and move your feet into a narrow stance, then jump back.



#### REVERSE LUNGE WITH TWIST

**WORKS** Glutes, quads, core, shoulders, and calves  
 • Hold a light medicine ball in front of you. Step back with your right leg into a reverse lunge and twist your torso to the left. Rise, return to center, and switch sides.



#### SIDE PLANK WITH LEG LIFT

**WORKS** Core, glutes, hips, lower back, and abductors  
 • From a side-plank position, lift your top leg slowly, leading with your heel. Hold for 15 to 20 seconds, then lower. Focus on keeping your core steady. Switch sides.





## IT'S A BIB!

*How to go from the treadmill to your first 5K*



You already know that running is fun, but if you've never raced, you're missing out. When you put on a bib number and take your spot at the starting line, you're entering a positive, supportive community. If you've never witnessed a race, I encourage you to visit one to see for yourself. If you're inspired but don't feel ready to sign up right away, here's how to start from where you are and ease in.

### FROM Treadmill running TO Outdoor running

A runner who is used to using a home treadmill might find running outside (in the view of other people) intimidating. Start by running in a park or on a trail, where you'll mostly see other runners and walkers, once or twice a week. Then, try the sidewalks near your home.

### FROM Outdoor running TO Joining a group run

In a race, you'll start in a crowd. Practice by running with a group. Find one online or by asking at your running store. Before you go, make sure there will be some runners at your ability level. Once you find a group you like, run with them at least every other week.

### FROM Joining a group run TO Doing a fun run

Untimed runs (like color runs and some mud and obstacle runs) are a good way to "test drive" racing. New runners feel less pressure when they're not on the clock, and the atmosphere is usually relaxed. If you enjoy one of these, you'll likely enjoy a race, too.

### FROM Doing a fun run TO Running your first race

Ask around to find an event that's fun for beginners. First-timers should avoid very hilly courses and races that take place in very hot or very cold weather. On race day, start near the back of the pack, make the first mile your slowest, and follow your normal run-walk routine. Enjoy! 🏃

## You Asked Me Jeff answers your questions.

### Why should I pay for a race when I could just run 5K on my own for free?

Races are positive experiences in which you feel the energy of the mass of runners. You'll be more motivated to train if there is a race on the calendar. And race officials not only measure and mark the course, they arrange for water stops, traffic control, refreshments, music, and activities after the finish. It's fun!

### How should I warm up for my first race?

You don't want to waste energy before the start, so just use the beginning of the race. Start slowly with short run segments of 10 to 30 seconds followed by 10 to 30 seconds of walking. After four or five minutes, you can increase the running and decrease the walking to follow your usual strategy.

## THE EXCUSE I'm afraid I'll finish last.

### BEAT IT

Spectators are so supportive of those at the end, often applauding the last finisher more than the winner. And because most races include walkers, it's unlikely that a runner would finish last.





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## DUST 'EM

*Hard runs on rugged trails build more than just speed.*

→ Runners usually think of trails as a nice place for an easy run—soft surfaces, tweeting birds, and so on—and reserve hard workouts for the track or the roads. After all, how are you supposed to hit your goal pace with all those rocks and roots? But what doesn't trip you makes you stronger: Learning to run fast on uneven terrain has benefits that translate to any surface. You'll build strength, improve balance, and hone your inner pace sense—not to mention your mental toughness. Here's how.

### STAY ACCOUNTABLE

Moving an interval workout from the track (pace-based) to the trail (time- and effort-based) can offer a mental break, but don't let such workouts become a vacation. Every other week, do a series of out-and-back repeats (6 × 3:00 with 1:30 rest, for example). Pick a

starting point along the trail and mark it with a stick; run hard for 3:00, then mark your end point. Rest, then run back, trying to make it past where you began; mark the new spot. Try to push farther each time: You'll be surprised at how much faster you can go with a goal to beat.

### WORK THE CLUTCH

To maintain a quick pace on trails, where sharp curves and other obstacles disrupt your rhythm, you need to avoid slowing down until the last possible moment and reaccelerate immediately after every disruption. Refine acceleration and deceleration skills by running pace-change sprints after an easy run once a week. Find a field or path about 100 meters long, and divide it by marking spots at around 30 and 70 meters. Run medium-hard for the first section, hard for the second section, and medium-hard for the third section; walk back. Then run hard/medium-hard/hard. Do six total, and focus on shifting gears precisely when you pass the marker.

### GO SIDEWAYS

Runners are great at going forward but terrible at moving side-to-side—and that's a problem when you're trying to hop around rocks and navigate switchbacks. You can work on strength, balance, and range of motion by including some drills after your run twice a week. Try sideways skipping for 20 to 30 meters in both directions, 10 reps each of sideways lunges and lateral hops (jumping side-to-side on one foot at a time), and balancing on one foot for 20 seconds at a time (increase the difficulty by closing your eyes and/or standing on a folded towel). Strengthening these muscles and ingraining these movement patterns will enable you to flow around curves and obstacles without losing momentum.

### SCOUT THE COURSE

Racing on trails puts your skills to their toughest test. You can pace yourself appropriately only if you know what to expect. Run the course in advance, if possible, or study the course map to be familiar with the terrain and the key ups, downs, and switchbacks. It can be difficult to pass on singletrack trail, so figure out where choke points will occur and how long they'll last. If you're feeling good, surge about a half mile before possible bottlenecks. If you're not feeling good, surge anyway—in a trail race, sometimes a change of rhythm is exactly what you need. 🏃





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ASK THE EXPERTS

## What are the best lower-body exercises to do at home with no equipment?

To build strong legs, try these two. **Single-Leg Leg Lifts:** Lie face up, knees bent, and straighten your right leg, then use your left leg to raise your body. Lower, then repeat 10 times, each leg. **Side-Lying Double Leg Lifts:** Lie on your side with legs and feet stacked and the hand of your top arm on the floor in front of you. Raise your top leg, then your bottom leg, then lower both. Do 10 reps, each side. —Thad McLaurin, author of *Full-Body Fitness for Runners*, is a coach in North Carolina ([runnerdudesfitness.com](http://runnerdudesfitness.com)).

Use your body weight to build strong glutes and hamstrings from the comfort of your own floor.

## What helps more with weight loss: running faster or tackling hills?

Speeding up will help you shed pounds faster. Most runners burn 1.0 to 1.5 more calories per minute for each minute per mile they speed up. Running hills will also do the trick—the steeper the hill, the higher the calorie burn—but if you run the climbs too much slower than your flat-run pace, you'll burn no additional calories. That said, skipping the extra postrun snack is a better bet for weight loss than doing harder runs.

—Lynn Grieger, R.D., is a coach and nutritionist based in Prescott, Arizona ([lynngrieger.com](http://lynngrieger.com)).

## How can I train to race a 5K and a 10K in the same weekend?

Build your weekly long run to at least nine miles and do a speed workout each week: Alternate between a 20-minute tempo run and a track session with 400s, 800s, and 1,000s (to total three miles) at 5K pace with one-minute walking rests. Each week should also include at least two easy runs.

—Mike Cohen is a running coach in Connecticut ([coachcohen.com](http://coachcohen.com)).



## THE EXPLAINER

### Why does a headwind slow me down more than a tailwind helps me?

Warning: Math ahead. Air drag (the “resistance” you run against) is proportional to the square of the relative wind (the difference between your velocity and the air’s), says James Reardon, Ph.D., director of physics instructional labs at the University of Wisconsin–Madison and a Wisconsin Track Club coach. If you run a 10-minute mile (6 mph) on a windless day, the relative wind is 6 mph and the air drag is about .5 pound. With a 6-mph tailwind, the relative wind drops to zero mph—you and the air move together—and the air drag is zero pounds. But with a 6-mph headwind, the relative wind doubles to 12 mph and the air drag quadruples to about two pounds. In this example, the headwind slows you three times as much as the tailwind helps. “It’s less dramatic when the wind is either slower or faster than you,” Reardon says.



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**RACE PREP**

# MORE OR LESS

*Are you racing too much? Or not enough? How to tell.*

By Sandra Gittlen

**IF YOU'RE** subsisting on ramen noodles so you can afford to race multiple times each month, you may already know you have a problem. However, runners at the opposite extreme—those who pin on a bib just once or twice each year—could become fitter and more confident if they'd race more often. "Finding your racing sweet spot is essential to keep from burning out or

forgetting how to race altogether," says Rick Muhr, cofounder and coach of the Marathon Coalition, a team of charity runners training for the Boston Marathon. "Go outside of your ideal zone and your performance, form, and mental state will diminish." If you're like most runners, though, it may not be clear whether you should race more or cut back. Here's how to know.

## BACK OFF THE STARTING LINE



**STOP SIGN #1** Your performance is suffering. "If you are unable to closely replicate finishing times on a similar course within a 12-month period, it's a good indication you may be racing too much," Muhr says. Race more sparingly and make each one count: Build a tuneup race or two into the training cycle for your goal race.



**STOP SIGN #2** You no longer look forward to your races. Recapture the magic by choosing just one all-out goal race each season. Practice skills like maintaining a pace or staying strong on hills in tactical tuneup races, suggests Tony Reed, cofounder and executive director of the National Black Marathoners Association.



**STOP SIGN #3** You're going broke due to race fees. If you spend more than 10 percent of your income on hobbies like running and racing, or if you hide how much you're spending from your partner, you probably ought to cut back.

## REGISTER ALREADY!



**GO SIGN #1** Your race-day nerves are off the charts. Eliminate fear of the unknown by practicing what you'll do on race day—including the racing itself—in shorter buildup events. Massachusetts-based coach Mike Roberts suggests racing every month or two to rehearse pacing, fueling, and being in a competitive environment.



**GO SIGN #2** You slack off between training cycles. While it is important to recover—take about one day of rest or easy running for every mile you raced—extended breaks will cause you to lose fitness and to fall out of your routine. Sign up for something short and fun in between cycles to stay accountable.



**GO SIGN #3** You've forgotten how to pin on a bib. Think this couldn't happen after a hiatus? Think again. Once, Muhr says, he dashed to the porta-potty midrace, only to discover he'd accidentally pinned his shirt to his shorts. Silly mistakes can happen when you're anxious and/or out of practice.



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# BEYOND WHITE RICE

Whole-grain varieties plus creative, tasty toppings make a perfect postrun meal.

By Matthew Kadey, M.S., R.D.

**TO ASSEMBLE:** Cook rice according to package directions. Divide among four bowls. Add toppings and drizzle with sauce or dressing. Finish with a sprinkle of garnish.

## SPRING WILD RICE BOWL WITH ASPARAGUS

Technically a grass, wild rice has a nutty, smoky flavor and an impressive range of nutrients, including phosphorus, zinc, magnesium, and B vitamins.

### COOK YOUR RICE

- 1 cup wild rice  
(3 cups cooked)

### ADD TOPPINGS

- 1 bunch asparagus, chopped and sautéed
- ½ pound cremini mushrooms, sliced and sautéed
- 4 poached eggs (1 per serving)

### DRIZZLE WITH DRESSING

Whisk together:

- 3 tablespoons extra-virgin olive oil
- ▶ Juice of ½ lemon
- 2 tablespoons chopped dill
- 1 clove garlic, minced
- ½ teaspoon salt
- ¼ teaspoon red pepper flakes
- ¼ teaspoon ground black pepper

### FINISH WITH GARNISH

- ▶ Grated Parmesan

## INDIAN-CHICKPEA BASMATI BOWL

Basmati rice is popular in Indian dishes, and the whole-grain version contains a powerful bundle of fiber, vitamins, minerals, and antioxidants that may protect against diabetes.

### COOK YOUR RICE

- 1 cup brown basmati rice  
(3 cups cooked)

### ADD TOPPINGS

- 1 15-ounce can chickpeas, drained and rinsed
- 4 cups baby spinach
- 1 pint cherry tomatoes, halved
- 2 scallions, thinly sliced

### DRIZZLE WITH SAUCE

Stir together:

- 1 cup plain yogurt
- 1½ teaspoons garam masala
- 1 teaspoon lime zest
- ¼ teaspoon cayenne or chili powder

### FINISH WITH GARNISH

- ▶ Chopped toasted almonds
- ▶ Chopped cilantro

*Indian-Chickpea Basmati Bowl*

*For added flavor, cook your rice in vegetable or chicken broth instead of water.*

*Salmon Kimchi on Red Rice*

*Spring Wild Rice Bowl with Asparagus*



To reheat rice without drying it out, add a few tablespoons water. Cover with a damp paper towel; microwave on medium power.

*Chipotle Steak with Wehani Rice*

#### SALMON KIMCHI ON RED RICE

Red rice gets its blush from a pigment in its husk and has a subtle sweetness. Since only the husks are removed, red rice retains its natural vitamin and mineral levels. Look for jars of kimchi, a Korean staple made of fermented cabbage that's rich in probiotics, in the supermarket produce section.

##### COOK YOUR RICE

- 1 cup red rice (3 cups cooked)

##### ADD TOPPINGS

- 2 cups kimchi
- 1 carrot, grated
- 2 cups chopped pineapple
- 1 pound salmon, broiled

##### DRIZZLE WITH DRESSING

- Whisk together:
  - 2 tablespoons low-sodium soy sauce
  - 2 tablespoons mirin or rice vinegar
  - 2 teaspoons sesame oil

##### FINISH WITH GARNISH

- ▶ Chopped nori (seaweed) sheets
- ▶ Toasted sesame seeds

#### CHIPOTLE STEAK WITH WEHANI RICE

Wehani is a russet-colored rice that fills the kitchen with the aroma of buttery popcorn as it steams. It can take up to an hour to cook, so make a big batch and freeze leftovers.

##### COOK YOUR RICE

- 1 cup Wehani rice (3 cups cooked)

##### ADD TOPPINGS

- 1 pound top sirloin steak, broiled and thinly sliced
- 2 red bell peppers, sliced and sautéed
- 2 cups corn kernels, cooked

##### DRIZZLE WITH SAUCE

Blend together:

- ½ cup sour cream
- ▶ Juice of ½ lime
- ½ avocado
- 1 teaspoon minced chipotle pepper in adobo sauce
- 1 clove garlic, minced
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

##### FINISH WITH GARNISH

- ▶ Toasted pumpkin seeds or cilantro

#### BLACK RICE AND MANGO DESSERT BOWL

A Chinese heirloom variety, black rice adds visual appeal and a great chewy bite. It also packs a hefty amount of anthocyanin antioxidants—the same molecules found in blueberries that mop up cell-damaging free radicals.

##### COOK YOUR RICE

- ¾ cup black rice (2 cups cooked)

##### ADD TOPPINGS

- 1 mango, peeled and sliced
- ½ cup chopped unsalted pistachios

##### DRIZZLE WITH SAUCE

In a saucepan, heat together:

- 1½ cups coconut milk beverage (not canned)
- 2 tablespoons honey
- 2 teaspoons orange zest
- 1 teaspoon grated fresh ginger
- 1 teaspoon vanilla extract
- ½ teaspoon ground allspice

##### FINISH WITH GARNISH

- ▶ Coconut flakes

*Black Rice and Mango Dessert Bowl*

#### Toxic Rice?

Some studies have shown that rice can contain high levels of arsenic, a carcinogen that is released into the soil through pesticides. A *Consumer Reports* investigation found that rice grown in California, as well as brown basmati rice from India and Pakistan, has some of the lowest arsenic levels. Rice sourced from Arkansas, Louisiana, and Texas has some of the highest contamination levels. Despite this alarming news, runners should keep in mind that whole-grain rice is a nutrient-rich food with many benefits, so it can—and should—be a part of your diet. The key is to eat it in moderation, along with a variety of other whole grains. —M.K.





## HERB APPEAL

*More than just garnish, herbs infuse meals with fresh flavor—and loads of health-boosting nutrients.*



### BASIL

This summer staple is rich in rosmarinic acid, which reduces inflammation that can contribute to heart disease.

**USE IT** Pair with mozzarella and tomatoes.



### CHIVES

A delicately flavored cousin of onions and garlic, chives supply quercetin, a potential cancer fighter.

**USE IT** Sprinkle over potato salad dressed with vinaigrette.



### CILANTRO

Whether you love it or hate it, cilantro is a potent source of compounds that inhibit damage to blood vessels.

**USE IT** Add to fresh salsa or guacamole.



### DILL

Dill packs more antioxidant nutrients than many so-called “superfoods,” such as kale and pomegranates.

**USE IT** Sprinkle on poached salmon.



### MINT

Research shows that consuming mint regularly may help ward off age-related diseases (such as Alzheimer's).

**USE IT** Brew it with iced tea.



### OREGANO

Oregano extracts have been shown to block the effects of artery-clogging LDL cholesterol particles.

**USE IT** Simmer in stew to release its bioactive compounds.



### PARSLEY

A study from Malaysia found that phenolic compounds in the herb inhibit cancer cell growth.

**USE IT** Use in tabbouleh, where its fresh flavor gets to shine.



### ROSEMARY

It's rich in a terpene called rosmanol that may inhibit inflammation that can lead to joint trouble.

**USE IT** When making kabobs, skewer meat on a rosemary stick.



### SAGE

Sage supplies a wealth of terpenes—including carnosol, which helps protect the body from cancer-causing agents.

**USE IT** Bake into savory scones.



### THYME

It contains thymol, a compound that blocks LDL particles from inflaming artery walls—helping ward off vascular diseases.

**USE IT** Add to olive tapenade.



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PROTEIN

**8g\***  
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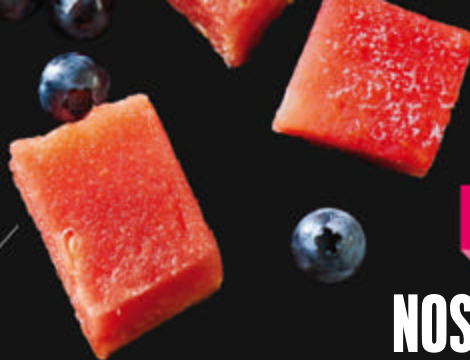
\*5g Fat per serving





pb FUEL

1



2



3



4

Can't sleep? Try eight ounces of tart cherry juice twice a day for two weeks. It contains melatonin, which helps regulate your sleep cycle.



5



6

QUICK BITES

## NOSH AT NIGHT

Healthy snacks before you snooze can help you feel (and run) better in the morning.

By Jessica Migala

### YOU'RE CRAVING SOMETHING SWEET

#### BEST BITE Fruit "sorbet."

#### Blend up frozen blueberries and watermelon (1)

**WHY** It satisfies that craving for something sweet with few calories. Blueberry antioxidants reduce oxidative stress caused by exercise, while watermelon contains an amino acid that eases muscle aches, studies show.

### YOU HAD A TOUGH TRAINING DAY

#### BEST SIP Chocolate milk (4)

**WHY** It provides fluid (for hydration), sugar (for muscle glycogen), and protein (for muscle repair). Drinking casein (a protein found in milk) 30 minutes before bed improves muscle protein synthesis overnight, according to a study in *Medicine & Science in Sports & Exercise*.

### YOU'RE TRYING TO LOSE WEIGHT

#### BEST BITE Greek yogurt with cinnamon and vanilla (2)

**WHY** The protein quiets late-night stomach rumbles, says Lauren Antonucci, R.D.N., owner of Nutrition Energy in New York City. Choose plain and add cinnamon and vanilla for flavor. Eat it 30 minutes before bed to boost metabolism the next morning, suggests a 2014 study.

### YOU CAN'T SLEEP-AND HAVE AN UPCOMING RACE

#### BEST BITE A serving of crackers with an ounce of cheddar or Swiss cheese (5)

**WHY** The carb-protein combo supplies tryptophan, an amino acid that lulls you to sleep. Eating refined carbs (like those in crackers) before bed shortens the time it takes to drift off, reports an *American Journal of Clinical Nutrition* study.

### YOU'RE RUNNING TOMORROW MORNING BEFORE BREAKFAST

#### BEST BITE Nut butter and strawberries on whole-grain bread (3)

**WHY** It provides complex carbs and protein, which will tame hunger the next morning. "Eat it three hours postdinner to top off glycogen," says Connie Diekman, R.D., director of University Nutrition at Washington University in St. Louis.

### YOU RAN IN THE EVENING

#### BEST BITE Scrambled eggs and veggies in a whole-wheat tortilla (6)

**WHY** Eat something substantial now or you'll be starving at midnight, says Antonucci, and chances are you won't make a smart choice then. Eggs jump-start recovery, while veggies supply an extra serving of produce in case you fell short that day.



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THE RUNNER'S PANTRY

## SLICE OF HEAVEN

Runner's World contributing chef **Nate Appleman** uses prosciutto to big effect.

"I LOVE PROSCIUTTO," says three-time marathoner Nate Appleman, culinary manager of the Chipotle and ShopHouse restaurant chains. "It's my favorite food." A type of ham, this Italian staple is salted, then air-dried, preserving the meat. That means it does not need to be cooked before eating, unlike its cousins bacon and pancetta. It is high in fat (one ounce has five grams), but because "it's always served thinly sliced, you don't overindulge," says Appleman, a past competitor on *The Next Iron Chef*. Just a little bit "packs a punch of flavor."

### SPRING PASTA

"This is easy to whip up when short on time. Use fresh peas if you can find them."

- 1 pound any pasta
- 1½ cups peas
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- ½ teaspoon ground black pepper
- ½ cup grated Pecorino or Parmesan cheese
- ▶ Juice of ½ lemon
- 4 ounces (8 slices) prosciutto

Bring a large pot of salted water to a boil. Add the pasta and cook according to the package directions. Two minutes before the pasta is cooked, add the peas. Scoop

out and reserve ¼ cup of the cooking water. Drain pasta and peas. Set aside.

Heat the oil in a large skillet over medium heat. Add the garlic and cook 2 minutes, until slightly browned. Add the pasta mixture and reserved cooking water. Toss and heat through for 1 minute.

Add the pepper, cheese, and lemon juice. Toss well. Serve in bowls and place the prosciutto over top, letting the pasta warm the meat. Serves 6.



One ounce of prosciutto contains 70 calories and eight grams of protein.





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**Carrie Tollefson**

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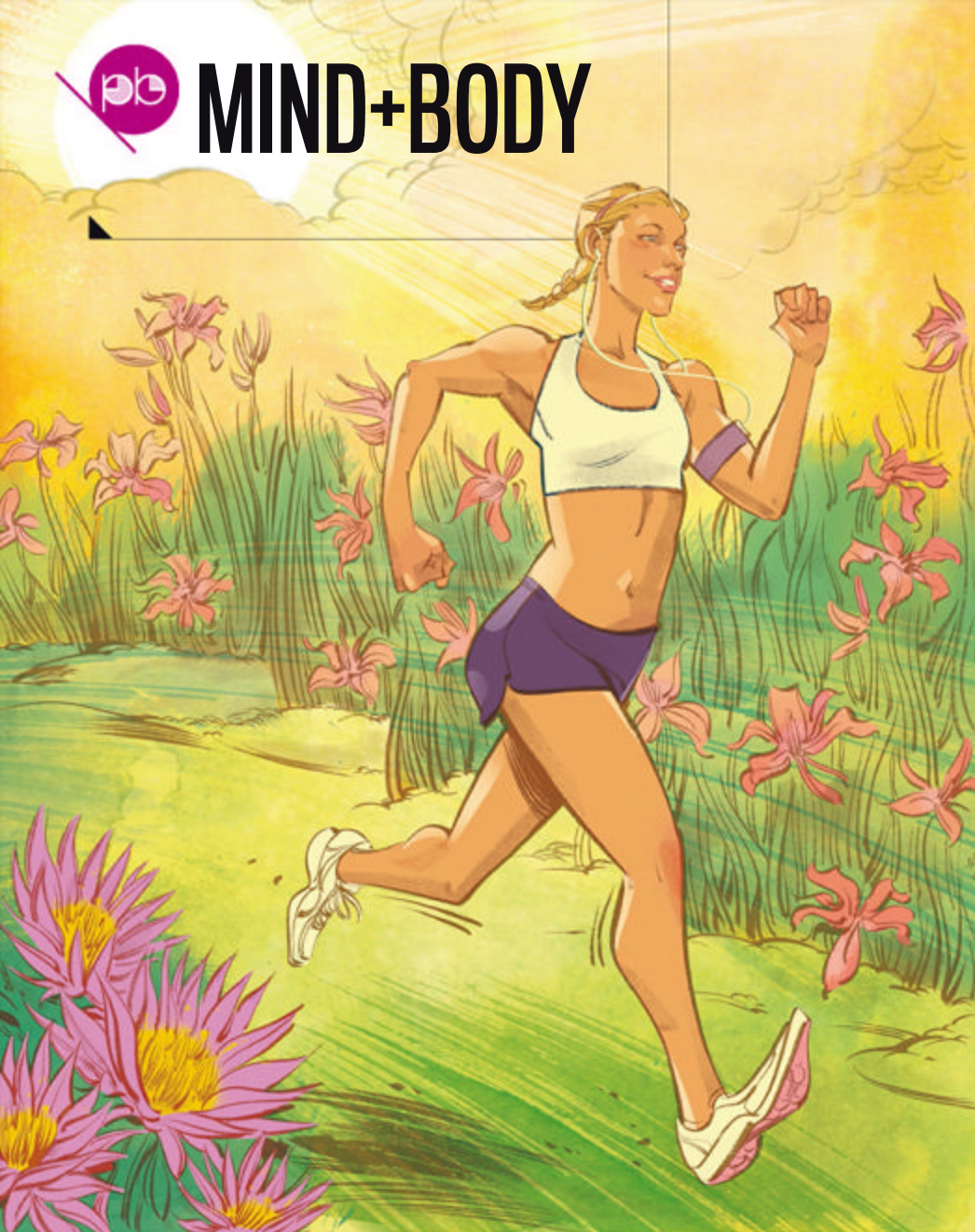
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# MIND+BODY



## HAPPY HOUR

*Approach a run with a positive outlook to improve your performance and your health.*

By Diane Stopyra

**WE RUN TO RELEASE THE TENSION** of a bad day. We run when we feel blue and need a pick-me-up. We run to silence our inner critic that tells us we aren't thin, smart, or talented enough. And it works. Thanks to those wondrous, morphine-like chemicals called endorphins, running is a surefire way to lift our mood when we feel stressed, sad, or insecure. But if you use running only as a coping mechanism to escape negativity, you're

missing out. "Exercise doesn't just improve happiness, happiness can improve exercise performance," says Alfred Bove, M.D., Ph.D., professor emeritus of medicine at Temple University and a 26-time marathoner. Sure, not every day can be rainbows and butterflies, but by making an effort to approach your workouts with a positive, upbeat attitude, you'll run better than if you set out feeling dark. "We tend to think of being ➔

### A Happy Runner...

#### SUFFERS FEWER INJURIES

"Happiness reverses the body's muscle-tensing stress response; muscle tension makes us more susceptible to injury," says Jim Afremow, Ph.D., author of *The Champion's Mind: How Great Athletes Think, Train, and Thrive*.

#### PERFORMS BETTER

A study published in the *European Journal of Applied Physiology* reports that cyclists who were given positive feedback did better in a time trial than those who did not. "If you've removed the distractions created by negative emotions, you've increased attentional focus," Afremow says. "Being in tune will certainly improve performance."

#### FEELS LESS PAIN

Happier people have more of the neurotransmitter dopamine coursing through their brains. This chemical helps control the brain's pleasure center and makes it easier to tolerate uncomfortable sensations, says Afremow.

#### IS HEALTHIER

"Happier people get sick less often, and when they do get sick, they recover more quickly," says positive psychology expert Tal Ben-Shahar, Ph.D. Ongoing negative emotions can provoke cellular activity that leads to illnesses, including cancer. Feeling joy, researchers say, reverses this process.



**HOKA** ONE ONE

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→ joyful as a personality trait, but it's actually a skill you can acquire," says sociologist Christine Carter, Ph.D., author of *The Sweet Spot: How to Find Your Groove at Home and Work*. Here's how to set yourself up for a good run.

## EAT WELL

You're used to thinking of food as muscle fuel. But good nutrition is also important for feeding your brain, says Drew Ramsey, M.D., assistant clinical professor of psychiatry at Columbia University and coauthor of *The Happiness Diet*. "It's impossible to feel positive in a sustained way if you're low on nutrients like magnesium, omega-3 fatty acids, vitamin B12, iron, and vitamin D." Good mood-boosting foods: kale, oysters, mussels, cherry tomatoes, pumpkin seeds, Greek yogurt, and dark chocolate.

## SLEEP

It's hard to feel excited to run when you're exhausted. Although sleep needs vary, consistently getting less than your optimal amount (usually six to eight hours) not only makes you more cranky, it can also hurt how you process a positive experience. In one study, people who were sleep-deprived did not feel happy or proud after an achievement, versus another group that had gotten more sleep.

## BELLY-BREATHE

Activating the vagus nerve, a nerve that runs through the body, produces a calming effect. Deep, controlled "belly breathing" can help stimulate it. Take a deep inhalation while counting to five. Then very slowly exhale while pursing your lips.

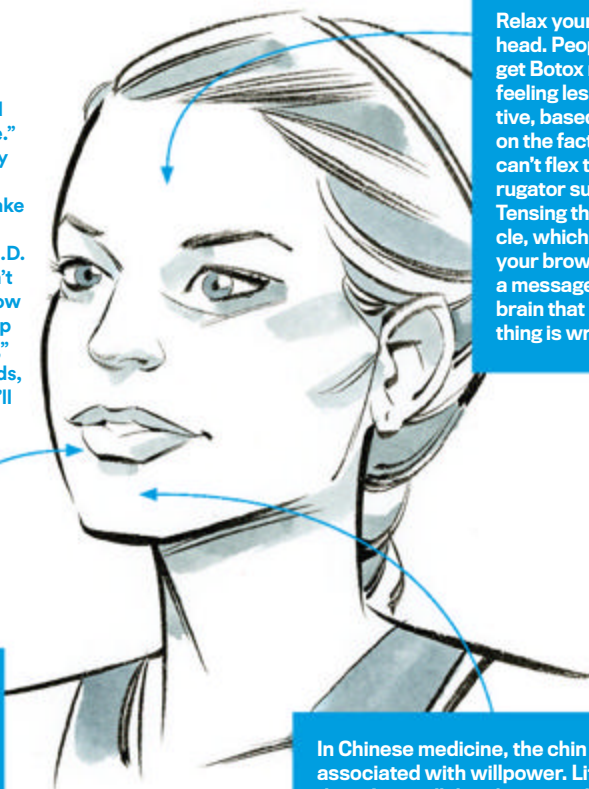
## Face Value

Athletes are often told to put on a "game face." But a serious, intensely focused expression could backfire and make you feel more tense, says Jim Afremow, Ph.D. "Our expressions aren't just an indication of how we're feeling; they help dictate those feelings," he says. "In other words, if you look happy, you'll run happy."

Smiling so that your cheeks are engaged tricks your brain into thinking that you're having a good time.

Relax your forehead. People who get Botox report feeling less negative, based solely on the fact they can't flex the corrugator supercili. Tensing this muscle, which furrows your brow, sends a message to the brain that something is wrong.

In Chinese medicine, the chin is associated with willpower. Lift it so that it's parallel to the ground for an instant confidence boost.



## PRESS PLAY

It's well-documented that music distracts athletes from pain and fatigue. In fact, Costas Karageorghis, of Brunel University London, who has studied the exercise-and-music connection extensively, wrote in a review of the research that music could be considered a "legal performance-enhancing drug."

## MANTRA UP

Negative thoughts (*This is boring. I don't want to do this.*) will increase muscle tightness, which intensifies the sensation of pain, says Jim Afremow, Ph.D., author of *The Champion's Mind: How Great Athletes Think, Train, and Thrive*. At the start of a run or race—or whenever you hit a rough patch—repeat a positive phrase over and over, such

as, "Stay strong," "Light and quick," "Relax and roll."

## BE SOCIAL

Prerace jitters can sap you of energy and hurt your performance. Afremow says to chat up other runners at the starting area about their training and what they hope to accomplish in the race. "It gets you out of your head and distracts you by focusing on them," he says. Plus, research shows that offering encouragement to others improves your own mood and well-being.

## BUY A GOOD TIME

Experiential purchases—not materialistic ones—have been shown to boost happiness levels. Meaning? Booking a run-cation in an exciting locale, signing up for a fun run with a group

of buddies, or treating yourself to a relaxing massage after a hard period of training can help you feel more positive about your running life.

## EXPLORE NATURE

Trade the treadmill for the trails when you can. Being in the great outdoors improves cognition, mood, and health. For example, a Rutgers University study found that receiving flowers produced heartfelt smiles in study subjects, and those same people reported greater levels of happiness for the following three days. Another study found that simply looking at water can induce feelings of calmness. Plus, increasing vitamin D (the sunshine vitamin) by absorbing rays helps produce a sunnier disposition. ☀



# UNTANGLE YOUR RUN

## FOCUS ON YOUR MUSIC, NOT YOUR HEADPHONES

It is a familiar challenge—laces tied and ready to head out the door in anticipation of a favorite playlist, podcast or audio training session. A few minutes in and it begins—headphone frustration. Getting tangled in the cord. Constantly repositioning ear buds. Replacing another set of headphones after they fall prey to sweat damage.

Discover Plantronics BackBeat® FIT Bluetooth® stereo headphones and solve the challenges of running with a smartphone.

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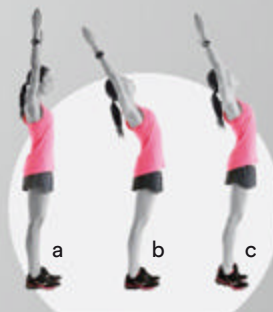


THE BODY SHOP

## STAND-UP ACT

*Finish your run with this simple core routine.*

**YOU KNOW** you're supposed to work your core. Strong ab, back, hip, and glute muscles generate power and guard against injuries. But it can be easy to skip good-for-you planks after a run, when a hot shower or yummy brunch awaits. The solution? Tack your core work onto the end of your run, before you're distracted. This yoga-inspired routine improves posture, boosts balance, and works the entire core. No mat required. Start with five reps of each move; build to 10 or 15. —SAGE ROUNTREE IS A YOGA INSTRUCTOR, TRIATHLON COACH, AND AUTHOR OF *THE RUNNER'S GUIDE TO YOGA*.

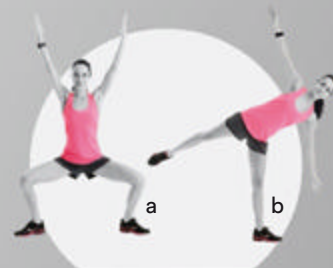


### STANDING CRUNCHES

**WORKS** The transversus abdominis (deep core muscles) and the rectus abdominis (a.k.a. "six-pack muscles")

**TO DO** Stand tall. Inhale, lift your arms overhead (a), and arch into a slight back bend (b). Exhale and use your abs to straighten up again, aligning your shoulders over your hips.

**MAKE IT HARDER** Do the movement while standing on your tiptoes (c).



### SQUAT WITH LEG RAISE

**WORKS** The transversus abdominis, obliques, hip flexors, glutes, and hamstrings

**TO DO** Stand tall, with your knees and toes angled slightly out. Inhale and lift your arms; exhale and squat down (a). Inhale, and shift your weight to your left foot while lifting your right leg up (b). Exhale, return to the squat, then lift your left leg.

**MAKE IT HARDER** Lift your raised leg up even higher than (b); lower it. Repeat five times.



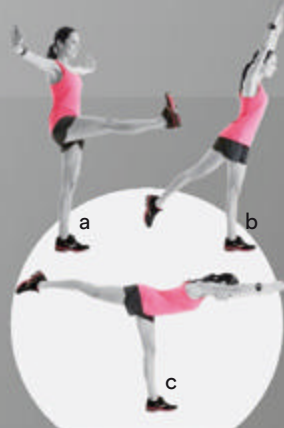
### SQUAT WITH TWIST

**WORKS** The inner and outer obliques, hips, and glutes

**TO DO** Stand tall. Inhale, bend your knees, and squat down. Push your butt back and raise your hands overhead (a). Exhale and twist to the right, extending your right arm out to the side (b).

Inhale, return to center, then exhale, and twist to the left.

**MAKE IT HARDER** Squat deeper and bring your elbow across the opposite knee (c).



### ONE-LEG BALANCE

**WORKS** The transversus abdominis, spinal erectors, hip flexors, and glutes

**TO DO** Stand tall. Inhale and lift your right knee. Exhale and straighten your right leg (a). Inhale, and swing your right leg back. Exhale, raise your arms, and lean forward as you lift your leg (b).

**MAKE IT HARDER** Hinge forward, lifting your right leg up higher so your right leg and torso form a straight line (c).



# GAME CHANGER

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Prices can range from \$60 to \$120 per session, depending on your insurance provider (some cover it).

AAAAH... OUCH!

You may feel slight discomfort when needles are inserted. After that, patients report feeling relaxed or energized.



Each session generally lasts 20 to 40 minutes.

SHOULD I TRY IT?

## ACUPUNCTURE

**WHAT IS IT?** A therapy in which thin, sterilized, disposable needles are inserted into the skin to trigger the production of the body's natural painkillers (endorphins and neurotransmitters) and to increase bloodflow and stimulate healing of injured muscles and connective tissues. We asked certified acupuncturist Alex Moroz, M.D., at Rusk Rehabilitation at New York University Langone Medical Center, to break down the details. —K. ALEISHA FETTERS

### HOW IT HELPS

Purported to ease aches and pains and release tight muscles and connective tissues. Since it can also improve mobility, some runners use it on an ongoing basis as an injury-prevention tool.

### WHAT TO EXPECT

A practitioner will insert needles at or near the injury site. Depending on your problem, he may manipulate the needles by hand, use heat to warm the needles, or use electrical stimulation.

### TREATMENT PLAN

Most runners undergo three to 10 sessions for a specific injury. Sessions may be paired with physical therapy.

### PROVIDERS

Doctors, physical therapists, chiropractors, and athletic trainers are sometimes licensed. Find an acupuncturist at [nccaom.org](http://nccaom.org) or [medicalacupuncture.org](http://medicalacupuncture.org).



### How It Started

Acupuncture is believed to have originated in China as long as 8,000 years ago. *The Great Compendium of Acupuncture and Moxibustion*, the basis of modern acupuncture, was published during the Ming Dynasty (1368–1644). It states that Qi (energy or life force) flows throughout the body, and lists specific points where inserting needles can modify the flow of Qi to ease pain.

### FAN CLUB

*Deena Kastor, Shannon Rowbury, Josh Cox*



### HA-HA

*Don't let Aidy Bryant or Kristen Wiig stick you. In a 2013 SNL skit, the "acupuncturists" treated Jason Sudeikis, causing massive amounts of faux-blood to squirt from his back. "I feel a release already," he says. "I'm almost light-headed."*





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# DATA IN, FITNESS UP

Smart new activity trackers capture all your info all day long—from your morning mileage to your nightly sleep patterns.

By Bob Parks



## GARMIN FORERUNNER 920XT

**BEST FOR:** Data-Crazed Triathletes

There's no question it's bulky and weighty at 2.1 ounces, but Garmin's tech-heavy 920XT proves useful to runners, swimmers, and cyclists. Separate screens track sport-specific metrics—such as GPS-based pace for runners, strokes for swimmers, or power for cyclists—and it can also automatically log a continuous event with all three legs. The device's chest strap houses built-in motion-analysis features—useful observations on running form such as ground contact time (basically how light you are on your feet) and vertical oscillation (whether you bounce like a Tigger). We found the addition of a basic activity monitor and built-in Wi-Fi capability so convenient; as soon as we came near home, all our data automatically uploaded online. This computing power comes at a cost, however: We registered a slight lag when pressing certain buttons, and the watch needed to be recharged every other day when using GPS. \$450 (with heart-rate and gait-analysis sensor, \$500)

Cool features include vertical oscillation (Garmin); altimeter (Fitbit); and calorie counting (Basis).



## FITBIT SURGE

**BEST FOR:** Run-Track Minds

The powerful new Fitbit Surge flaunts the same good design as earlier 'Bits: It's full of encouragement for all-day step activity, and dead simple to use. But it also packs a GPS antenna for speed, distance, and splits. It has an altimeter for translating elevation into floors climbed (e.g., a hilly 12-mile run can be the same as climbing the Empire State Building). And it houses an optical heart-rate sensor, though testers found they had to run at least two miles before the unit posted precise numbers. Distances aren't accurate on the bike, and it's not waterproof for swimming. But once the heart rate part worked, the device displayed lucid graphs showing current beats per minute as well as recent trends in running effort. Finally, this comes in three sizes and three colors—black, blue, and tangerine. \$250

## BASIS PEAK

**BEST FOR:** Life Optimizers

A truly comfortable sleeping buddy, the flexible Peak from Basis conformed to the arm and collected wrist-based heart rate all night, offering an easy way to find an important runner metric called resting heart rate, used by many coaches for judging fitness and diagnosing everything from overtraining to the onset of colds. The Peak automatically and accurately tracked bike and running workout durations based on an analysis of movement, and charted steps per minute to help us improve form, but with no GPS, there was no distance. Overall, the watch nicely combines convenience with fine-detailed feedback, including accurate calorie counts and sleep. One tester even pored over graphs for skin temp and sweat to track his performance in extreme heat. (To see all the gory data, wearers need an iOS or Android smartphone.) \$200







# HOW ELITE RUNNERS ARE GAINING AN “EDGE”

## TRADE SECRETS FOR IMPROVING SPEED AND ENDURANCE

Runners have long sought ways to improve their performance through nutritional supplements and creative training strategies. Some athletes have gone as far as using synthetic drugs and blood doping to gain an advantage. A new, controversial supplement is giving runners EPO-like effects and helping them achieve the ‘edge’ they are always looking for.

The product is EPO-BOOST® - an all natural supplement developed by U.S. based Biomedical Research Laboratories. EPO is industry shorthand for erythropoietin, a hormone produced by the kidneys that regulates red blood cell (RBC) production.

Increasing red blood cell production has long been the focus of competitive athletes due to the impact that RBC levels have on oxygen intake and utilization. The greater the red blood cell production, the greater the body's ability to absorb oxygen, which in turn gives an athlete more strength and endurance. Strength and endurance are precious resources to any athlete. Thus competitive athletes have tried various techniques to gain an advantage by increasing EPO and RBC levels.

Traditional techniques for boosting RBC levels include synthetic drugs and blood doping. These practices are both dangerous and banned by organized sports associations. The makers of EPO-BOOST® claim that their patent-pending formula is all-natural and is clinically proven to safely increase erythropoietin levels, resulting in greater strength and endurance.

The scientific evidence behind EPO-BOOST® does seem to be compelling. A 28-day double-blind placebo-controlled clinical trial, performed by Dr. Whitehead from the

Department of Health and Human Performance at Northwestern State University, showed that the ingredients found in EPO-BOOST increased EPO production by over 90% compared to the group taking the placebo.<sup>1</sup> The supplement group also showed dramatic improvements in athletic performance (as measured by VO2max and running economy).

Since its release, competitive athletes have raved about this new supplement, which offers all the benefits of greater EPO levels with none of the dangerous side effects or legal trouble. Adriana Nelson Pirtea, World Half-Marathon Champion, used EPO-BOOST® in her preparation for the 2014 season. Adriana stated, ‘I have been using TriFuel and EPO-BOOST for the past two years and I feel a huge difference in my training and races. I start out being more focused and alert during my training. For me, it is important that everything I put in my body is simple, clean and effective. I’ve tried other products before, and most of them gave me discomfort during training. BRL Sports supplements are simple the best.”

Adriana is not alone in her praise of the product. Nuta Olaru, who took 1st in the Big Sur International Marathon in 2013 and finished 3rd in the Boston Marathon, used EPO-BOOST® in her preparation for the season. Nuta stated, ‘I was introduced to EPO-BOOST a few months ago and I am extremely pleased with the results so far. I feel like TriFuel and EPO-BOOST had a great impact on my recovery and kept me focused during the races as well as in between the races. Thank you for making such great and clean supplements.”

Not everyone is so endeared to the product. Several athletes have said the supplement gives some athletes an unfair advantage. They describe the performance

improvements as ‘unnatural’ and pointed to athletes from cycling and long distance running as evidence that people are catching onto the supplement and using it for a competitive advantage.

A company spokesman, speaking off the record, admitted that the product doesn't work overnight and that most athletes won't see the extreme performance enhancements for a few weeks. In a world infatuated with instant success, that kind of realistic admission might cost some sales but is likely to keep customers happy.

It's no secret that in order to reach your peak performance, you must make exercise and training an integral part of your daily life. However, you'll have a much easier time achieving your fullest potential by integrating EPO-BOOST® into your daily routine. This product could be the ‘edge’ you have been looking for.

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Biomedical Research Laboratories accepts orders at [www.EPOBOOST.com](http://www.EPOBOOST.com). A company spokesman confirmed a special offer: if you order this month, you'll receive free enrollment into the company's Elite Athlete Club where you'll qualify to receive a full 25% discount on all your bottles of EPO-BOOST®. And so you don't go a day without EPO-BOOST® in your system - increasing your endurance, you'll automatically receive a fresh bottle every 30-days and your credit card will be billed the Elite Athlete Club Member Price of \$44.95 plus S/H - not the \$59.95 fee non-members have to pay. There are no minimum amounts of bottles to buy and you can cancel at any time. Visit [www.EPOBOOST.com](http://www.EPOBOOST.com) or call 1-800-780-4331 to order today.

<sup>1</sup> Whitehead et al. Int J Sport Nutr Exerc Metab, 17 (2007): 378-9.





## POLAR M400

### BEST FOR: Track Maniacs

Polar's M400 was almost as good as a flesh-and-blood coach, feeding detailed stats in the heat of workouts and assiduously collecting body data. It issued screen or audible alerts when we were caught on our butts for too long and estimated VO<sub>2</sub> max (maximal oxygen uptake, a key fitness indicator). Using heart rate, it automatically rated the difficulty of runs and tailored workouts to a runner's readiness. And with an internal GPS, the M400 offered a bounty of beeps and detailed feedback, mile after mile. The separate heart-rate strap can seem more high-maintenance compared with wrist-based sensors. Battery life was short at a few days with all sensors on. And while the M400 works as an activity monitor, it was bulky for comfy sleeping. \$180 (with heart-rate strap, \$230)



## MIO FUSE

### BEST FOR: Heart-Rate Runners

Mio's latest all-in-one heart sensor and band turned out to be our testers' favorite way to learn from heart-rate data while running. The subtle, colored LEDs display heart-rate zones, and the band buzzes when switching zones. Such tactile feedback made gauging effort level easy without testers' needing to look at the watch (or take it out of a jacket cuff on frigid days). The Fuse measures heart rate by registering changes in blood volume in the arm (no cumbersome heart-rate strap needed), yielding highly accurate results. Disappointingly, distances—tracked by an internal motion sensor—were off by as much as a half mile in every five miles of running, and the band does not track sleep. Some testers found the bright sweeping digits in the *Battlestar Galactica*-style readout laughably ugly; others embraced its retro charm. \$150

## MICROSOFT BAND

### BEST FOR: Overscheduled Exercisers

Chock-full of sophisticated electronic sensors, Microsoft's first fitness tracker, the Band, sports an onboard GPS for running, a motion sensor for workouts, and a UV light sensor to warn users about overexposure. We liked keeping up on work messages and missed calls while out on runs (the Band shuttles messages from a cell phone), and paying for Starbucks coffee with store credit we preloaded onto the watch. The unique curved design felt great, but the Band can't be dunked, only splashed, prompting concerns from one tester who was caught in a driving rain. Finally, the Band has an onboard heart-rate monitor, but after many tests, the device still displayed numbers way off during activity. (Strangely, it was accurate when testers were standing still.) Battery life wasn't the best, either; every 48 hours we needed to charge it for 90 minutes. \$200



The sleek Band (above) includes a GPS; the trad watch (below) tracks runs based on movement.



## WITHINGS ACTIVITÉ

### BEST FOR: Stealth Geeks

Don't want to telegraph your obsession with data? The Activité is your elegant Swiss answer. Lux features such as a scratchproof sapphire glass, 50-meter water-resistant case, and calf leather strap, hide an onboard motion-sensing accelerometer that tracks running, walking, and swimming. Testers loved seeing each day's progress, indicated by the tiny orange hand on the face sweeping from 0 to 100 percent, and the ease with which we could swap out the leather strap for a silicone one when things got really sweaty (or we went swimming). Using the watch turned out to be simple, since it automatically times a run from start to finish based on movement. An accompanying iPhone app (Android app coming soon) provides detailed graphs of mileage, calories, and sleep quality. Distances were unfortunately only approximate, however, and there is no way to calibrate the watch to each tester's stride. Also, no heart rate, but one unexpected perk: Thanks to a low-energy version of Bluetooth, users get a whopping eight months of battery time. \$450



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BEGINNER'S  
SPECIAL

# "CAN I ASK YOU SOMETHING?"

**Yes, please  
do! If you've  
got questions  
before you  
hit the road,  
our experts  
have all the  
answers.**



**BY LISA MARSHALL**

**ILLUSTRATIONS BY  
DALE EDWIN MURRAY**



HAVE A QUESTION  
YOU WANT US TO  
ANSWER? JOIN  
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**IT'S RARE TO FIND** a runner who doesn't want to talk about running. Everyone has a friend or coworker who never misses a chance to discuss his latest race finish or his fancy new GPS watch. If you're just getting into running—as an estimated 600,000 people do each year—perhaps you used to find this chatter boring. Maybe you still do. But for a new runner, that run geek is a valuable resource.

You'll have questions, and the best way to get them answered is to talk to a real, live runner. She'll be excited to see you taking up the sport, and you'll walk away with the information you need *and* a sense of the camaraderie you can expect if you stick with it.

*Runner's World* polled newbies for their most pressing questions and got time-tested answers from a panel of experts on training, nutrition, injury prevention, and more (see page 76). Whether you're a curious new runner or an advice-giving old-timer, you'll learn from this conversation between a beginner and runners who really know their stuff.



**"I'm not a runner yet, but people (including you) seem to love it so much that I'm thinking of becoming one. What's so great about running, anyway?"**

• Actually, you already *are* a runner, if you think about it. You probably ran around on the playground as a kid. Humans are built to do it. In fact, our bodies (with their long legs and lack of fur) make us better suited for running than most animals. The sport doesn't require a lot of pricey equipment to get into, and it beats other activities when it comes to fending off weight gain and disease. Besides, it's fun! We promise.



## **RUNNING: It's Good for You!**

→ Since 1991, the National Runners' and Walkers' Study at Lawrence Berkeley National Laboratory in California has followed more than 154,000 runners and walkers. It found that as little as three to seven miles of running per week reduces risk of stroke, heart disease, diabetes, and high cholesterol. As a general rule, the more you run, the more your risk goes down. The study also found that running...

**BURNS MORE CALORIES THAN WALKING** Even at a brisk walking pace (about a 17-minute mile) you have to go 50 percent farther and take twice as long to burn the same number of calories as you would running a 12-minute mile (that is, about 100).

**PROMOTES JOINT AND BONE HEALTH** Contrary to popular belief, running may actually prevent osteoarthritis and joint replacements, with the body responding to the impact of our footfalls by thickening cartilage and building bone mineral density. Those who averaged more than 1.2 miles per day of running were at 18 percent less risk of osteoarthritis and 35 percent less risk of hip replacements than nonrunners.

**FIGHTS ALZHEIMER'S** Those who ran 15.3 miles per week had a 40 percent lower risk of Alzheimer's disease mortality than nonrunners.

**LOWERS CANCER RISK** Runners showed a 76 percent lower kidney cancer risk and 40 percent lower brain cancer risk than nonrunners.

**BOOSTS SURVIVAL RATES** Breast-cancer survivors who averaged more than 2.25 miles of running per day had a 95 percent lower risk of dying of breast cancer over a nine-year period than those who didn't exercise much. Walkers did not decrease their risk.



## “Okay, I want to start. What do I need?”

• First, get good shoes. Go to a running store and have a salesperson put you on a treadmill, watch you run, and recommend a pair that suits you. Shop at the end of the day, when your feet have swollen about as much as they ever will, to ensure that you get the right size. And resist the temptation to go online to find a discounted pair—shoes can break down sitting in the box.

## READY, SET, WAIT!

YOU MAY NEED TO TAKE SOME PRELIMINARY STEPS IF...

### YOU'RE VERY OVERWEIGHT

• Consider losing a little, via diet and walking, and check with your doctor before you start to run. Each step you take running presses three times your body weight down on your joints (twice what walking delivers), leaving heavier runners more vulnerable

to injury. One study found novice runners with a body-mass-index (BMI) of 30-plus were 17 percent more likely to get injured than leaner newbies. Don't want to wait? Ease in very slowly, introducing small stints (15 to 30 seconds at a time) of running to your walk.

### YOU'RE INACTIVE

• Spend three to four weeks doing some kind of aerobic exercise three times a week and working up to where you can walk briskly for 30 continuous minutes.

### YOU'RE A CYCLIST OR A SWIMMER

• Studies show swimmers and

cyclists are more likely to get injured as beginners than those who play sports that load force onto joints (like tennis, volleyball, or hiking). Spend a few weeks preconditioning with walking and form drills (like those found at runnersworld.com/formdrills).

## HERE'S THE PLAN

This training program from Coach Ewen North of Boulder, Colorado-based Revolution Running will help you work up to running a 5K in nine weeks.

| WEEK | MONDAY                                | TUESDAY | WEDNESDAY                             | THURSDAY                     | FRIDAY | SATURDAY                              | SUNDAY             |
|------|---------------------------------------|---------|---------------------------------------|------------------------------|--------|---------------------------------------|--------------------|
| 1    | Jog 1 min, walk 3 min x 20 min        | Rest    | Jog 1 min, walk 3 min x 20 min        | Rest                         | Rest   | Jog 1 min, walk 3 min x 20 min        | Cross-train 30 min |
| 2    | Jog 1 min, walk 2 min x 21 min        | Rest    | Jog 1 min, walk 2 min x 21 min        | Rest                         | Rest   | Jog 1 min, walk 2 min x 24 min        | Cross-train 30 min |
| 3    | Jog 90 sec, walk 2 min x 21 min       | Rest    | Jog 90 sec, walk 2 min x 21 min       | Rest                         | Rest   | Jog 90 sec, walk 2 min x 25 to 30 min | Cross-train 35 min |
| 4    | Jog 90 sec, walk 1 min x 20 to 25 min | Rest    | Jog 90 sec, walk 1 min x 20 to 25 min | Rest                         | Rest   | Jog 90 sec, walk 1 min x 25 to 30 min | Cross-train 40 min |
| 5    | Jog 2 min, walk 1 min x 20 min        | Rest    | Jog 2 min, walk 1 min x 25 min        | Rest                         | Rest   | Jog 2 min, walk 1 min x 30 min        | Cross-train 40 min |
| 6    | Jog 3 min, walk 1 min x 25 min        | Rest    | Jog 3 min, walk 1 min x 25 min        | Rest                         | Rest   | Jog 3 min, walk 1 min x 30 min        | Cross-train 45 min |
| 7    | Jog 3 min, walk 45 secs x 30 min      | Rest    | Jog 3 min, walk 45 secs x 30 min      | Optional: cross-train 30 min | Rest   | Jog 3 min, walk 45 secs x 35 min      | Cross-train 45 min |
| 8    | Jog 4 min, walk 30 secs x 30 min      | Rest    | Jog 4 min, walk 30 secs x 30 min      | Optional: cross-train 30 min | Rest   | Jog 4 min, walk 30 secs x 35 min      | Cross-train 45 min |
| 9    | Jog 5 min, walk 30 secs x 30 min      | Rest    | Jog 5 min, walk 30 secs x 30 min      | Rest                         | Rest   | Run 5K                                | Celebrate victory! |

## “I got new shoes and I'm ready to run! What now?”

• Start! Slowly. Begin by alternating between running and walking. It keeps your muscles from fatiguing too fast and delivers less impact on your joints and tendons, while still giving you the heart-health benefits of a longer workout. Plus, those walk breaks give you something to look forward to. In the beginning, go by time instead of miles to make tracking easier. Gradually decrease your walk breaks and increase your sustained running time. In nine weeks you should be able to run a 5K (3.1 miles) without walking. (See “Here's the Plan,” at left.)



## “Ouch. Is running supposed to hurt this much?”

• A little muscle soreness is normal, and often it won't even kick in for a day or two after you run. But if you have pain that sticks around for more than 48 hours or restricts your movement, that's a red flag. Take some time off and consider seeing a doctor. It also might mean you need to re-evaluate your regimen. New runners tend to get hurt when they ramp up their mileage too quickly, or run too fast or too often.



## “My skin is getting rubbed raw!”

• We runners call that “chafing,” and it's the worst. Put a little petroleum jelly (or an anti-chafe balm, like Body Glide) on sensitive areas before you run. If you've lost weight and have extra skin causing chafing, invest in ▶



## Eat Like a Runner

EXERCISE PHYSIOLOGIST KRISTA AUSTIN, PH.D., OF PERFORMANCE AND NUTRITION COACHING, OFFERS FUELING TIPS FOR NEWBIES.

**DON'T CARB-LOAD** Even if you're running a 5K the next day, you have plenty of glycogen (the sugar that fuels exercise) stored in your muscles to take you that distance. Instead, eat a healthy balance of around 45 percent carbohydrates, 35 percent lean protein, and 20 percent healthy fats every day.

**PILE ON THE IRON** Iron helps the body utilize fat as a fuel source and builds hemoglobin in red blood cells. Meanwhile, the more the body becomes inflamed with training, the less iron it absorbs. As a result, roughly half of runners are iron-deficient. To get enough, shoot for six ounces of lean red meat three times per week or load up on chicken, fish, and spinach. Vegetarians should consider taking a supplement.

**DON'T SKIMP ON D** If you're not getting vitamin D, or making enough in response to sun exposure—and as many as three-quarters of runners aren't—you'll be more vulnerable to stress fractures and illness. Fatty fish, beef, liver, egg yolks, and fortified milk are good sources. Or have your doc test your D levels and recommend a supplement if needed.

▶ compression garments—shorts, pants, sleeves—to keep everything in place. Oh, and whatever you do, don't wear cotton, which traps moisture and worsens chafing. Look for shorts, shirts, and socks made of technical fabrics that will wick sweat away from your skin, keeping it dry.

## “Now that I'm burning all these extra calories, I get to eat more, right?”

• Sorry, but not if you're interested in losing weight. Remember: Running burns about 100 calories per mile—a bit more or less depending on your weight, your speed, and how efficient you are at burning fuel. If you're running just a few miles, that's not a lot of extra calories. (One Panera chocolate chip cookie has 440 calories!) Overdo it on sports drinks, nutrition bars, and carb-loaded snacks, as some new runners do, and you may actually gain weight. It's best to stick with about the same quantity of calories you ate before (assuming it was a healthy amount) and focus on improving the quality. That means ditching empty-calorie snacks and processed foods and taking in lean protein (like salmon and chicken) for muscle building and repair, good fats (like nuts and avocados) to keep you ▶



# CHOW DOWN (NOT TOO MUCH!)

→ This formula helps you get a rough idea of how many calories you burn in a day.

1

Multiply your weight in pounds by 10 (if you're a woman) or by 11 (if you're a man) to calculate your resting metabolic rate (that is, the number of calories your body burns simply by keeping itself alive).

2

Multiply this number by 1.3 to determine the total number of calories you burn through standard every-day activities.

3

Multiply the number of miles you run by 100 and add this to the result from step 2 to get your total daily calorie burn.

► satiated, and minimally refined carbs (like whole-grain pasta and quinoa) for energy.

## "All this running means I'm going to lose weight, right?"

- Maybe, but only if you are also careful to eat a healthy diet. Very overweight runners may drop weight quickly in the beginning, when their higher body mass and lower fuel-efficiency makes them burn more calories per mile, but once they slim down, their weight

tends to plateau. The real beauty of running is its ability to keep your appetite in check and boost your calorie burn for hours postrun, which makes it a great way to keep weight off once you've lost it.

## "Should I eat before I run?"

- You don't have to eat specifically to run a few miles, but you don't want to start on empty, either. You should take in some calories during the three-hour window before you head out (this could be your usual breakfast, or midafternoon healthy snack). If you often find yourself racing for a bathroom

halfway through your workout, try skipping fiber-rich foods like oatmeal, apples, or whole-wheat bread prerun and going with low-fiber foods like white toast or cantaloupe instead.

## "What about eating after a run?"

- Within a half hour of finishing, have your regularly scheduled meal or snack. Include some protein (ideally 20 to 25 grams) to help your muscles recover faster. Try a Greek yogurt or an apple with some cottage cheese or peanut butter.

## "I've started by running on a treadmill. That's no different than road running, right?"

- Not quite. Treadmill running tends to feel harder than running outside, because it takes balance and coordination (and some willpower) just to stay on the thing. In reality, it doesn't give you as much of a workout as when you're running on varied terrain with wind pushing on you. Also, because it sets the pace for you, the treadmill isn't very good at teaching you how to pace yourself. And if you have decided to sign up for a 5K (do it!), be sure to do



## FASTER = FITTER

→ Over a six-year period, the National Runners' and Walkers' Study found that runners who started out heavy lost about twice as much weight for the same energy expenditure as walkers. Female runners were also better at fending off age-related weight gain around the gut and hips than female walkers. Another paper comparing what participants ate after 60 minutes on the treadmill found that walkers ate 41 more calories than they had burned, while runners consumed 196 fewer.



some running on the road before the event.

**“I don’t mind running once I get going, but I have trouble motivating myself to start.”**

• Lots of runners have that problem before they figure out how to plan their workouts. First, it helps to know what time of day you enjoy running most. (If you’re not a morning person, pick a time that feels better.) Then, schedule your runs just like you would a meeting at work or a date with a friend. And try to create a pattern. If you can get yourself in the habit of running at a certain time, eventually the absence of it starts to feel weird.



**“Eek, I signed up for a 5K! Any advice?”**

• How exciting! You’ll be less nervous if you feel as prepared as possible, so lay out your gear—shoes, outfit, bib, and so on—the night before. On race morning, eat a low-fiber

## THE ‘MILL MISLEADS

→ In one study, 21 participants were asked to run on a track for three minutes at a set pace, then to run on a treadmill for three minutes, adjusting the speed to what they thought was the same pace they’d run on the track. On average, the runners ran 32 percent slower on the treadmill.

200- to 300-calorie breakfast, steering clear of too much slow-digesting fat or protein. Give yourself time to park and get to the start area at least an hour before go time. (There may be lines for the porta-potty, and you will want to use one. Trust me.) Start closer to the back of the pack—going out too fast isn’t fun. Most important, enjoy yourself. There’s nothing quite like your first race. Let us tell you about ours. It was a chilly October morning...

### OUR EXPERT PANEL

**Rik Akey**, an RRCA-certified running coach in Milwaukee. **Krista Austin**, Ph.D., Colorado Springs-based exercise physiologist and nutrition coach. **Michael Chin**, podiatrist and medical director of the Running Institute, Chicago. **Ewen North**, coach and director of Boulder-based Revolution Running. **Ryan Rhodes**, Ph.D., director of the behavioral medicine lab at the School of Exercise Science at University of Victoria.



## Become a *RUN GEEK*

FIVE TIPS TO HELP YOU STICK WITH THE SPORT FOR MONTHS AND YEARS TO COME

- 1 TREAT YOURSELF** Put some money in a jar after each run to go toward a trip (maybe to a race!) or buy a new running outfit once you reach a certain milestone. Research shows that while the distant promise of lost weight and better health may not motivate us to stick with an exercise program, immediate material rewards do—particularly in the beginning.
- 2 TRACK YOUR RUNS** Keep a journal, or log your activity via a tracking site like [strava.com](https://www.strava.com) or [myfitnesspal.com](https://www.myfitnesspal.com). People who track what they eat and when they work out tend to eat less and exercise more, research shows.
- 3 DON'T JUST RUN** Schedule a meeting with a friend or coworker who runs. Listen to a favorite podcast. Use your workout time to sort through a problem you’re having in your job or relationship. “Running can be a great time to daydream or come up with solutions,” says RRCA-certified Milwaukee running coach Rik Akey.
- 4 JOIN A BEGINNER’S GROUP** It helps you realize you aren’t alone in this and provides a place to swap advice on newbie challenges. Plus, there’s nothing more motivating than knowing someone’s waiting for you at the crack of dawn to go for a run.
- 5 GO PUBLIC** Tell the world you are a runner. Set a mileage goal or sign up for a race and share your plans on social media. Then you’ll have a network of people to help keep you accountable. 



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runDisney

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**“You look smooth  
when you run.”**

Meb Keflezighi, the 2014 Boston Marathon champ, considers those words the ultimate compliment, and he works hard for them. In this excerpt from his new book, *Meb for Mortals*, he explains why he does form drills every day and how you, too, can use them to become a faster, stronger, healthier runner.





# RUN

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# LIKE

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# MEB



with Scott Douglas PHOTOGRAPHS BY HOLLY ANDRES







**RUNNING IS** one of the few sports where even serious participants are told not to worry about their technique. You'll hear many people say, "Just run, and your body will find its most efficient form."

I don't agree with that line of thinking. There's room for improvement in everything we do, running mechanics included. A good baseball coach wouldn't tell a hitter, "Just take enough practice swings and you'll be fine." The coach would identify ways in which hitters could get more efficient or slightly reposition themselves to make better use of their ability. The same is true in running.

Runners with what appears to be bad form have won races and set records. The most famous example in modern times is Paula Radcliffe of Great Britain, who set the still-standing women's world marathon record of 2:15:25 in 2003. I remember the first time I saw her, at a 10,000-meter track race in Europe. I thought, *There's no way she can win, with her head and neck bobbing around like that.* She won. From that I learned that ultimately it's about the engine—your heart and lungs.

But that doesn't mean that runners with glitches in their form can't become better than they currently are. Sometimes we inherit bodily quirks that are hardwired into us; it could be disastrous to try to run with a fundamentally different form. But we can always work to improve our weaknesses. My left hand has a tendency to flop out a bit when I run. By being mindful of it and reminding myself to keep it closer to my body, I can run more efficiently.

You can always improve something. How big an improvement you want to make in any area is up to you. But to say "I'm going to try to be the best runner I can be but ignore my form" is wrong. Simply put, with more-efficient form, you'll go farther with each step while using the same amount of energy you'd use running with less-efficient form. That will get you to the finish line faster. Also, with your motion better directed toward moving forward, you're less likely to shift some of the pounding to body

# THIS IS WHAT YOU SHOULD LOOK LIKE WHEN YOU RUN

While there's great variation in form among the best distance runners in the world, there are common elements. Keep these key components of good running form in mind to help you run your best.



## HEAD CARRIAGE

Imagine that on top of your head there's an egg you don't want to fall off. If you can stay in that posture, with your ears positioned over your shoulders, you're going to have to bring your knee higher to keep your head straight. That will give you a higher cadence and let you cover more ground than you would by overstriding. With your head held level, look 20 to 30 meters ahead of you, rather than down at your feet or the ground just in front of you. You might look down a little when going uphill or when running on technical trails with frequent obstacles, but otherwise, view things at eye level.

## ARM CARRIAGE

Swing your arms in the direction you're moving, not back and forth across your body. Imagine that you're going to punch something—you would drive your arm as straight as possible. The insides of your wrists should be near your waist. One way I've been told to visualize this is to think of Old West cowboys reaching for their pistols, with their arms moving quickly past the sides of their waist.

## STOMACH & BACK POSITION

Keep your midsection engaged, with your stomach tucked in, almost like someone is about to punch you.

## LEG SWING

When your right leg leaves the ground and swings forward, your right foot should drive toward the left knee. Reaching calf height is a good goal for people who currently shuffle. Doing this will make you more upright and help you cover more ground with each stride, without overstriding.



## LANDING POSITION

Your feet should land under your center of mass. If you overstride, with your feet landing well in front of you, you'll brake slightly with every step and spend more time on the ground rather than transitioning quickly to the next step.





parts that aren't designed to absorb it; that should decrease your risk of injury.

It's easy to get thrown off by just one bad element in your running form. For example, if your head is thrust forward of your body rather than being in line with your shoulders and trunk, you might then overstride, lean forward too much, or have longer ground contact time (or all three!). That's going to lead to bringing your hamstring up more behind you than underneath you, which can lead to cramping or injury, as well as being slower.

Any such problems might not be a big deal in a 5K or a half marathon (although they probably will make you slower). But over the course of a marathon, you're asking for trouble. Your mechanical weaknesses will be exposed, and they could make you miss your goals.

Also, better running form can simply make running feel easier and more enjoyable. Who wouldn't like to feel better running? The more pleasurable running feels, the more you'll want to do it, and that will lead to improvement.

Finally, I think looking good while you run is important. Most of us draw motivation and satisfaction from positive feedback from others. So just like trying to impress others with your times might help you run faster, trying to impress people with your fine form can be an incentive to run more efficiently. One of the greatest compliments I've ever received was from Geoffrey Mutai, who holds the Boston and New York City marathon course records. Mutai once told me how smooth I look running. It's something that we runners can appreciate about one another, the same way a golfer can appreciate the beauty of a top player's swing.

At the beginning of my professional career, I got away from regular form work for a while. But after I recovered from a pelvic stress fracture in 2007 and 2008, I rededicated myself to working on the best possible form. Now I consider it an integral part of my training almost every day.



Adapted from *Meb for Mortals: How to Run, Think, and Eat Like a Champion Marathoner*, by Meb Keflezighi with Scott Douglas (Rodale).



### Do This!

Regularly work to improve your running form.

Consider form drills an integral part of training.

Practice elements of good form for short periods during some runs.

Monitor your form during races to stay efficient.

Consider how your posture affects your form even when you're not running.





# DO THESE FORM DRILLS

The drills on the following pages will improve your running form in many ways—by strengthening key running muscles, by improving your range of motion via exaggerating some aspects of the running gait, by improving the communication between your nervous system and muscles, and by making you more mindful of good running form.

Aim to do these drills at least twice a week, even if doing so means cutting your run short. You don't have to do them all every time. Rotate among the ones you need most. The payoff from the time invested—greater speed and less injury risk—outweighs what you'll get from another couple of miles.

## THREE SKIPPING EXERCISES

These skipping variations increase stride length and knee lift, and improve single-leg balance. Skip for 20 yards, rest briefly, repeat. Do the exercises forward and backward, two times each. (1) Skip forward, raising your knees to a 90-degree angle, while the bottom of your raised leg's foot stays parallel with the ground. Pump your arms in sync with your legs. (2) Skip forward, tucking the foot of your raised leg under your butt, then extending your hamstrings (see photo) before landing. (3) Skip forward and snap your raised foot back as if you're trying to kick your butt, while keeping your supporting leg straight. Concentrate on quick movements.

## But Don't!

### Overstride!

Force changes in your running form.

Work on your form so much that you don't enjoy your running.

Think that shoes are a magic bullet for improving form.

Forget that training and desire are what ultimately get you to the finish line.





## CARIOCA AND QUICK FEET

These drills lessen your ground contact time and give you a quicker, more efficient turnover. Carioca drills also improve your

knee lift and hips' range of motion. Go 20 yards in one direction, then 20 in the opposite. (1) At a skipping pace, move laterally to the left, crossing your right leg first in front and then behind your left leg (photo

above). Swivel your hips and swing your arms. (2) Do the carioca drill, raising your front knee to 90 degrees (or as high as you can). (3) Quick feet: On the balls of your feet, shuffle forward as quickly as you can.



## JUMP, HOP, HOP

The next drills teach your running muscles to work in sync with each other, increase your power when pushing off, improve your

ability to move in all three planes of motion, and strengthen several often-neglected muscles. (1) Bounce forward on both legs, moving just a few inches at a time. Hop 10 feet forward, then 10 feet

backward. (2) Stand on your right leg with your left foot up. Hop forward 10 feet, and backward 10 feet (photo above), then switch legs. (3) Standing on your left leg, hop to the side 10 feet, then back. Switch legs, repeat.

## LOOK GOOD ALL DAY

Sitting for many hours a day can lead to worse running form, as your lower back tightens, your shoulders get tense, and your head is thrust forward. You also get what physiotherapist Phil Wharton calls glutes in hibernation, meaning that these large muscles that contribute so much to good running form become unused to firing like they should. To fight it:

**DON'T SIT** Get up from your chair at least twice an hour. Try not to spend more than one hour at a time sitting still. Standing or walking around for even a minute can help activate your hibernating muscles.

**STAND UP** A standing desk, or a desk with an adjustable height, can help you adjust to more time on your feet.

**USE A BALL** Some runners bring a stability ball to work to use as a chair. Sitting on one of these with good posture engages your glutes and core muscles more than using a normal chair does.

**SIT STRAIGHT** Sit upright with your feet flat on the floor, your legs bent at 90 degrees, and your upper body straight from your waist through your shoulders and head. Your ears should be positioned directly above your shoulders.

**WALK AROUND** If I know I'm going to have to sit for a long time, I make sure to walk around beforehand. Stand up during meetings if you can. But respect the rules; saying you're standing because of your running won't help your career. (Unless you work at RW.)

**COMPRESS YOUR LEGS** If your job involves a lot of standing, try wearing compression socks to help increase blood circulation. Women should avoid high heels, because they can shorten and tighten their Achilles tendons and calves.







## DOES YOUR PHONE HURT YOUR RUN?

**I SEE A LOT** of runners who train with their phones strapped on their arms so they can listen to music. This is a bad idea if you care about your running form.

The next time you see someone running like this, look closely. If their phone is on the left arm, above the elbow, you'll see the right hand and arm swinging normally, but the left arm will swing out more because of the extra weight it's carrying.

You might run like this and feel like it doesn't affect you, but you'll have to compensate for that wider arm swing somewhere on your body. Maybe you'll have more side-to-side motion, or your iliotibial band—the ligament running along the outer side of the thigh—will get tight.

I'm not saying it's bad to run with music. But there are ways to do it that won't affect your form, such as clipping a wireless MP3 player to your waistband.

And maybe you'll find you enjoy being without your phone during your run, allowing you to disconnect and mentally recharge.

A small fanny pack should not worsen your form too much if you have a few light items in it and keep it right at the center of your back just above your butt. Be sure it's tightly secured so it doesn't flop and cause you to adjust your stride. Fuel belts shouldn't affect your form too much, either.



### THREE LUNGE VARIATIONS

**Lunges build strength throughout your core and improve your balance.**

**(1)** Lift one knee to 90 degrees before taking a step

forward and landing with your knee still at 90 degrees (photo above). Push from the glutes of your forward leg to initiate lunge of other leg. Do for 20 yards. **(2)** Do the same lunges walking backward for 20 yards (yes, it's difficult!).

**(3)** Lateral cross-over lunges: Stand on left leg. Cross your right foot over your left leg and squat as low as you can to the left. Bring your right leg back over and stand to repeat the exercise to the left. Do 10 times each side.



### THREE LATERAL SQUATS

**Lateral drills engage important gluteal muscles and improve your side-ways balance, which is especially important when**

**you're running on uneven footing, such as trails and banded-up roads. Do these 20 yards in each direction.** **(1)** Squatting with feet and knees together, step sideways. **(2)** Squat with legs shoulder-width apart. Cross

your right leg over your left foot, then move your left foot to the left (above). Repeat crossover pattern. **(3)** Next, cross your right foot in front of your left, then behind it (carioca style), while maintaining a squat.



# WHAT'S ON YOUR FEET?


SHOE MECHANICS  
AFFECT YOUR FORM.

**FIRST** and most basic, if your shoes don't fit properly, your form is going to be thrown off. You don't want your feet to be irritated or constricted in any way that will alter your mechanics. That's true not just as you start your run but also in the later miles. That's when blisters can form from a bad fit, and you'll be forced to land differently than your body naturally wants to.

Good fit without constriction is especially important for marathoners. Our feet tend to swell over the many miles, which could lead to hot spots and blisters just when it's getting much more difficult to run with good form, even without shoe issues.

Second, you want the shoe to encourage rather than fight against your natural form. Your shoes should feel like extensions of your feet when you run; you shouldn't be thinking about them constantly, like "These feel rigid" or "These feel like a pogo stick." Different runners have different needs along the spectrums of stability and cushioning; work with staff at a running store to find what best matches your form and body. That said, I think most runners are best served by a neutral (not too rigid, not too flexible), lightweight shoe with good but not excessive cushioning. All running shoe brands have at least one model of this type.

## POP-UP FORM CHECK: COUNT YOUR STEPS

One aspect of form that's often different between professional runners and those farther back in the pack is cadence, or how many steps are taken per minute. (This is also known as turnover.) If you watch my competitors and me run by, you'll see we run with good "pop"—we have a quick cadence, with not much ground contact time. Behind us, you'll see more people with a slower cadence; some seem to sink into the ground. At my solid-but-not-hard pace of about six minutes per mile, my cadence is just over 180. When I'm running faster, it can get into the low 200s. Check your turnover by counting the number of times one foot hits the ground in a minute, then doubling that. Aim for 180 steps per minute. 



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RUNNING *the* WORLD

# PARIS



NAME *Emmanuelle Blanck* AGE *49* PROFESSION *Digital art director for Chanel*

Early morning is the best time to run the narrow one-way streets of Île Saint-Louis, one of two islands in the middle of the Seine.





▼  
**I NEVER RUN INSIDE**, even if it's raining or cold. Paris is a city of such beauty, there's no reason to be on a treadmill in a gym. I take my sport out my door.

My favorite place to run is la Coulée Verte. It goes 5 kilometers (3.1 miles) from the hip, bohemian Bastille neighborhood where I live to the more suburban Vincennes area and the Bois de Vincennes, Paris's largest park. It's a converted elevated railway—I believe it inspired New York City's High Line?—and once you ascend the stairs, it's like you've discovered a secret realm above the city. You're suspended over bright, grassy lawns, and at eye-level with many of the old Haussmann apartment buildings, with their grand facades of cream-colored limestone, cornices, and balconies.

I do my long runs on Sunday. I'll take the bridge to Île Saint-Louis, the smaller of two neighboring natural islands in the middle of the Seine. In the early morning, before the winding sidewalks fill with residents carrying bundles from farmers' markets or the *boulangerie* [bakery], the narrow one-way streets are misty and quiet. It's beautiful. The island is small, just 12 city blocks, so it's a great place to do laps. From the south end, you can see Notre-Dame, just across the water on the neighboring island of Île de la Cité. From there, I'll cross the Seine to the Right Bank and run to the courtyard of the Louvre Palace and around the Louvre Pyramid; at 7 or 8 in the morning, when the courtyard is empty, it feels like the palace is your own. Sometimes, when the sun hits the glass on the pyramid, I'll stop and take a picture with my phone. After that I'll loop around the Tuile-

*As told to Lauren Seligman*



*From top: the Eiffel Tower, the River Seine, the Louvre Palace and Pyramid, and Notre-Dame Cathedral.*



ries, the public garden between the Louvre and the Place de la Concorde known for its sculptures, fountains, and formal gardens. I'll cross the Seine to the Left Bank, where the road along the river is closed to cars, and continue along to the Eiffel Tower. My long run is anywhere from 12 to 30 kilometers (7.5 to 18.6 miles).

I run four or five days a week. Twice a week, I run with a club at the Paul Faber stadium called Les étoiles du 8ème, which means the stars of the 8th arrondissement. There are 120 of us, ages 20 to 55. We're about 40 percent women, and a mix of students and professionals.

Though running as a sport is growing in Paris, it's still more common to see strolling couples on the sidewalk than it is to see runners. Running happens mostly at places designated for sport, like tracks or parks.

[Editor's note: The Paris Marathon is one of the world's largest, at 50,000, and has a course record of 2:05:04, set by Ethiopian Kenenisa Bekele in April 2014.] Football [i.e., soccer], tennis, swimming, biking—even going to the gym—are more popular. But clubs and social networking are making running more mainstream. I sometimes run with a club called Free Runners. It started in 2014; we're basically a family of runners who meet in small groups and run together.

There's a road alongside the bank of the Seine that's closed to cars on Sundays for the benefit of runners and cyclists. At night during the summer, you can see the docked boats filled with bars, music, and people dancing. We Free Runners do a "Happy Friday Run." We run eight to 10 kilometers (4.9 to 6.2 miles) at an easy pace, then stop at a bar, enjoy a drink, and talk about running.

Where else but Paris can one so easily pair wine with her run? 🍷



*Curley intends to stay close to the land he's worked and run on his entire life, the Sonoran Desert and its high pine forests.*



NAVAJO RUNNER CRAIG CURLEY MIGHT HAVE MAJOR MARATHON SUCCESS IN HIS FUTURE—BUT NOT IF HE HAS TO LEAVE HIS HERITAGE BEHIND.

*By Bruce Barcott Photographs by Thomas Prior*





*NATIVE SUN*





**HIGH IN THE NAVAJO NATION FOREST**, on a sweep of red earth and pine trees on northeastern Arizona's Defiance Plateau, Irvin Curley steers his Silverado down a rutted dirt road on a cool summer morning. An overnight shower has softened the earth and freshened the air. In the back seat sits Irvin's son Craig, a quiet young man with inky black hair and last-pick-on-the-playground size. He's adjusting his work clothes: shorts, T-shirt, and a pair of new Mizunos that are about to get muddy.

At a big ponderosa pine, the younger Curley clambers out of the truck, stretches, then looks east, where the gaining dawn silhouettes the horizon. He loves this place. When he was a kid, he used to bring his dad's sheep up here to graze, and back then it felt like the forest went on forever. He believes the origin of his power and speed is here, on the high plateaus and dry sandy washes of his homeland.

"I'll run an easy 18," he tells his father as he pulls on a jacket and tightens his laces. "Six or six-thirty pace."

The old man nods.

As the young man kicks up the road, his father creeps behind him in the truck. Not because his son needs him, but because some days, the man just likes to watch his boy run. He glances at the speedometer. "Nine miles an hour," he says with pride. "Sometimes he'll get up to 12 or 14 miles an hour. That's something." The runner disappears over the crest of a rise, and the truck follows him like a lagging shadow.

Craig Curley, 26, is one of the fastest Native American marathoners in modern history, with a PR of 2:15:16 (Navajo marathoner Alvina Begay also comes close to star status—she ran her PR of 2:37 in 2010). Impressive, yes, but to challenge America's elite—guys like Meb Keflezighi, Dathan Ritzenhein, and Ryan Hall, guys who expect to run sub-2:10 most every time they toe



*Running Sawmill Navajo Trail in the Navajo Nation Forest.*

the line—he'll need to lose another five minutes, at least. The question now for this quiet guy from the Navajo Nation Reservation is whether those 300 seconds can be shed while he is surrounded by all the things that molded him into the runner he is today—his family, his coach, this land—or whether crossing that line from good to great requires leaving everything behind, joining an elite team, and courting the unknown and unfamiliar. Theodore Roosevelt's maxim—Do what you can, with what you have, where you are—is great advice for those who bloom where they're planted. But how do you know whether your roots, your story, your loyalty—in a word, home—is pushing you forward or holding you back?

**HE WAS RAISED TO BE A RANCHER**, not a runner. The Curley family always had sheep to tend, wild horses to break, water and wood to haul. As a student at St. Michael Indian School near Window Rock, the Navajo Nation capital, Craig Curley played basketball. The kid was too short and couldn't shoot to save his life, but "he could outrun everyone on the court," says Terry Thompson, then the school's cross-country coach. Thompson persuaded Curley to try out for cross-country during his junior year, and the boy made the team wearing old basketball shoes his aunt bought him at Walmart. But after-school training runs didn't fit around life on a working ranch, and a few weeks into the season, Irvin Curley and Coach Thompson had a talk.



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IN A SPORT THAT REQUIRES TOLERANCE  
OF PHYSICAL PAIN, RANCHING  
WASN'T THE WORST TRAINING.  
"THIS IS WHERE I GOT MY TOUGHNESS."

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*Minding churro sheep at his family's summer ranch (top); with his father, Irvin (right).*

"I need my son at home; he does a lot of work for the family," the father told the coach. "Running is not something I want for Craig."

Thompson hadn't seen many runners with Curley's potential. The kid was already one of his fastest runners, and Thompson was sure he could podium in the state meet at year's end. He just needed time to unlock the boy's talent. Thompson responded to Irvin Curley in Navajo, the language of elders, as a sign of his respect. "If Craig works hard, he has an honest shot at becoming a great runner," he said. "He just needs a break."

Irvin Curley considered this. "All right," he said. He would allow Craig to continue, on one condition. "If he's going to do this, he's got to be state champion."

With his brothers picking up some of his chores, Craig Curley started the hard work of becoming a great runner. He often ran before school, three miles down a desert wash. He read an article about Alan Webb in *Runner's World* and bought Webb's book, *Sub 4:00—Alan Webb and the Quest for the Fastest Mile*, to learn about the sport ("I didn't see a grown man run until I was 18 years old," he says). At the family's sheep camp up on the plateau, he'd run between the rows of ponderosa pines, do his chores, then run again. "Coach Thompson developed a route I called the Mission Loop," he says. "I ran it like I was a man on a mission." That fall of 2005, in his senior year, Curley was one of the best schoolboy athletes in Arizona, a front-



runner who often forced the pace. At the state cross-country championship meet in Phoenix that November, he went up against top-ranked kids with name-brand shoes and pulled off a distance runner's version of *Hoosiers*.



"I remember seeing the runner in front coming over a hill," his mother says. "But I didn't realize it was Craig." He had bleached his hair before the run, and besides, she didn't expect to see him leading the pack. By the time she recognized him, her son was seconds away from becoming the first male individual state champion in the 103-year-old history of St. Michael Indian School. The reservation kid in borrowed racing flats had kicked everyone's ass.

**ARIZONA STATE UNIVERSITY** and the University of Arizona, both Division I schools, expressed interest in Curley, but it wasn't mutual. The thought of getting thrown in with tens of thousands of students intimidated and overwhelmed him. "I needed to go somewhere I felt was like home," he says.

His older sister Valerie attended Pima Community College in Tucson, about six hours south of the family ranch in Kinlichee, and she asked the school's cross-country coach if he'd give her little brother a tryout. Greg Wenneborg, a three-time U.S. Olympic Marathon Trials qualifier, led the Pima program, whose most famous alum was Olympic marathoner Abdi Abdirahman, who ran there in the late 1990s (prior to Wenneborg's arrival). Wenneborg googled Curley's name, read about his state title, and agreed to check him out. The day after his high school graduation in 2006, Curley drove down and smoked a training run. "I offered him a scholarship that night," says Wenneborg.

The kid was ready to work hard. He looked forward to running longer, lifting harder, becoming stronger. Despite his shyness, he hit it off with his teammates. Not so much with his new coach. While Curley was onboard with Wenneborg's training philosophy, he didn't trust his motives. Whenever Wenneborg complimented him, Curley reached for his headphones and blasted Metallica on his iPod. The words felt fake, like a tactic meant only to get the kid to do whatever the man wanted. Curley didn't trust the guy.

Such sentiment wasn't lost on Wenneborg. On top of that, the two were at odds over Curley getting a part-time job. Curley felt he needed to be working during his downtime so he could send money to his dad. Wenneborg felt he needed to focus instead on his classes and his running. Finally, Wenneborg called Terry Thompson, Curley's high school coach. *What's up with this kid?*

Thompson suspected the issue was trust. "Appeal to Craig's sense of responsibility to others," he said. This was not just a deeply held Navajo value; Thompson knew Curley as a kid committed to putting his family first and sacrificing for others.

The next afternoon, Wenneborg called Curley into his office. "You may not realize it, but this is a team sport," he said. "Others look up to you as the fastest guy on the team, but you'd be letting them down if you took a part-time job. You need to be there for them."

Thompson also spoke with Curley. "This guy is trying to help you," he told his former star runner. "You need to work on what he wants you to do. Trust him."

The words rang inside Curley's head. But still, it was a long while before he let his guard down. He finished a dis-

appointing 111th at the 2006 NJCAA Division One Cross Country National Championships that fall. But by spring, he won the regional 5,000-meter championship in 15:37, and the following fall, finished 12th in the NJCAA Cross Country National Championships. In his final semester at Pima, Curley met Abdi Abdirahman, Pima class of '97, at a track meet in Tempe. Abdirahman held the school record in the 5,000, and had heard about the up-and-coming Curley. "You can break my record," he told Curley. "I want you to do it." Two weeks later at the UC San Diego Triton Invitational, Curley went for it—and his 14:23.26 beat Abdirahman's school record by two seconds.

Curley graduated from Pima's two-year program in 2008 with a spotty academic record that kept Pac-10 schools out of reach. But his mid-distance times were good enough to compete nation-

*Traveling to a meet with his Pima Community College teammates.*



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**HE CAUGHT THE FRONTRUNNERS  
IN THE FINAL 10K. THEY TOYED WITH  
HIM, BAITING HIM TO CHASE. BUT THE  
KID FROM KINLICHEE WOULDN'T BITE.**

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*From top: Final stretch at the 2014 Mt. Taylor 50K; about to set his 14:23.26 record in the 5,000 meters; working and running the ranch.*

ally, and so he continued training with Wenneborg (whom he by now both respected and trusted), volunteered as an assistant coach at Pima, and worked at a local running shop to make rent on the place he shared with his two sisters. In 2010, he ran 1:04:14 to place 13th in the USA Half Marathon Championships. Wenneborg did some research, and discovered that the time qualified Curley to run in the 2012 Olympic Marathon Trials. Though he hadn't yet run a full marathon, Curley loved the idea of competing for a spot on the Olympic team. So he went after it. Hard.

**THERE IS A TRADITION** among the Navajo: When a baby is born, a piece of the umbilical cord is buried near the family

home, connecting the child to the land forever. "Their being is here," the Navajo elder Alvin Clinton once explained. "That is why the Navajo always come back to where they live."

Home for Craig Curley is the family ranch in Kinlichee, a modest house surrounded by corrals, sheep pens, and row crops, a homestead rooted in the sagebrush desert north of the reservation town of Ganado. Curley returns here once or twice a month to be with his family, help with chores, and train on the high-elevation roads he ran as a kid.

He shows me around. Dozens of churro sheep mull about inside a wooden pen, bleating at us. Behind the house, there's a horse corral. Sometimes wild stallions, attracted by the mares, wander

in from the desert and approach the pen. Curley tells me he's been able to coax a few into the pen, and eventually tame them. Beyond the corral, there's nothing but open desert for miles. "This is where I got my toughness," he says.

The Curley kids (Craig is the youngest of five) got tough as soon as they were big enough to wrestle a lamb. They got up at 5 a.m. to help feed sheep, horses, chickens, and dogs. They lugged water for the family from a pump. On winter mornings when ice covered the animals' troughs, Curley used to trudge through snow to smash it with an axe. In a sport that requires tolerance of physical suffering, it wasn't the worst training in the world. Curley knows this, and there's pride on his face as he tells his story. But



there's wariness, too. He's leery about allowing me into his world. He's seen how it can go wrong: White guy visits a reservation, sees the poverty, writes about escaping the rez. That's not what his story is about, he says.

"They're always making documentaries about Native Americans and failure," he tells me. "It's always the same story about poverty and victims of the dead-end life. I want to make it as a runner, as a professional athlete, so I can let kids coming up after me know it can be done. I want them to look at my story and say, 'He could do it; I can do it.'"

It's a hard role to pull off in a culture that emphasizes obligation to family and the collective good over individual achievement. Curley reconciles his ambition with his heritage by incorporating Navajo traditions into his running. "I'm trying to live in two different worlds," he says. "In the modern world, I have to learn to be as good as or better than everyone else. But I also want to live in balance with life and nature and the more traditional ways. When I come home to the reservation, I don't run with my iPod. I run to get in tune with the landscape."

For the Navajo, running is seen as a way of building strength and endurance, and young Navajo girls often celebrate a rite of passage known as the Kinaalda, a four-day ceremony that involves rising before dawn and running to the east to greet the arrival of the sun. "That idea of rising to meet the sun, that's an important tradition to us," Curley tells me as we enter the kitchen where his mother is cooking fresh tortillas and lamb stew. "If you walk around here, you'll see that the doors on most houses face east. When I'm home, I'm always rising early and running to the east."

**CURLEY FLEW TO HOUSTON** in January 2012 for the Olympic Marathon Trials with high expectations and the hopes of his people upon him. Nideiltihi Native Elite Runners, a nonprofit organization that sponsors American Indian distance runners in the Four Corners states, helped with his travel expenses.

The race was a disaster. Inexperienced (Houston was his debut 26.2), overtrained, and nursing a minor quad strain—likely from logging too many two-a-day workouts—Curley broke down. "I had no idea what it would take," he says. "I didn't know what my limit was. Turns out, it was about 21 miles." He labored through the last

five miles as runner after runner passed him. He finished second-to-last, his 2:39:53 more than half an hour behind Meb Keflezighi's winning 2:09:08. The experience was a painful one, and initially Curley couldn't talk about it in much detail with Wenneborg. Instead, he dragged himself home, humiliated.

"The thing with Craig is that he wants to be a great example as a Navajo Nation athlete," says Wenneborg. "Everything he does is geared toward that end—his desire burns hotter than that of anyone I've ever met."

Everything indeed. Curley is polite almost to a fault. He chooses his words carefully, as if speaking to a school assembly. His penmanship is impeccable. There are plenty of eyes—and a lot of hope—resting on him, and he knows it. Inside the rez, every promising runner is inevitably tagged as the next Billy Mills, the Oglala Lakota Sioux who won gold in the 10,000 meters in the 1964 Olympics. Still the only American to win the event, Mills remains an inspiration; he proved that Native American athletes could compete and win at the highest level, and he set a high bar for his successors. If you're the next Billy Mills, the hopes and dreams and pride of an entire tribe ride on your shoulders.

"When I finish a race, I always get asked two questions. 'Did you win?' and 'Are you a Native American?'" says Curley. "It's not like they're nosy. I can see Native people pulling for me, shouting near the finish. They want to see one of us succeed, someone who's like them." He shares this unique experience with Fernando Cabada, the 2:11 marathoner who placed seventh in the 2012 Olympic Trials. "Fernando mentioned in an interview I read that Latino fans sometimes come up to him and say, 'You're the fastest Latino. Keep running!'" says Curley. "They have such joy for him, and when I meet my own people, it's the same thing. The joy I get from my people just shakes my soul with pride." So when he bombed in Houston, he hadn't just let himself down; it felt like he'd failed his people, too.

When things go south, Curley returns home. He spent the summer after the Trials at his family's camp up on the Defiance Plateau. During the day, he chopped wood and mended fence line, and in the cool evening, he ripped off workouts. Running through the high pines of the Navajo Nation Forest, he pondered his future. "I wasn't going to allow myself to get deterred just because something unpleasant happened to me



*Clockwise from top left: Celebrating a course record at the 2007 Mt. SAC Cross Country Invitational; with coach Greg Wenneborg in 2007; 2014 Boston Marathon; with Mizuno teammate Renee Metivier Baillie at the 2014 Rock 'n' Roll San Jose Half Marathon.*



in Houston,” he says.

When he had access to a phone, he called Wenneborg in Tucson, and the two of them finally discussed Houston. “We eventually worked out how much mileage I could handle without getting injured,” Curley says. “We realized we’d gotten too greedy in training and it cost us. It’s imperative to be injury-free in the marathon, even more so than in shorter distances, because in the marathon there’s less room to just press through the injury.”

Unlike Curley, Wenneborg didn’t consider his athlete’s debut a failure. “It was his first marathon; he had a lot to learn,” he says. “And to be honest, you don’t learn much until you suffer some pain.” Still, he knew the young man needed to rebuild his confidence, and it had to be the right venue. “He couldn’t just leap into New York or Boston, that’s for sure. It had to be a race he had a real shot at winning.”

He caught the frontrunners in the final 10K. The two Kenyans, James Boitt and Philip Lagat, toyed with him; as one shot ahead, baiting Curley to chase, the other would catch up and leapfrog to the front. But the kid from Kinlichee didn’t bite. Clocking sub-5:20 miles, he gradually pulled even and then away. During the final mile he worked alone, a good two minutes ahead. He ran the homestretch with his arms open, tears welling in his eyes. “For so long, I had visualized myself winning,” he says, “and it was happening.”

**AFTER HIS 2:19:03 WIN** in Columbus, Curley signed a contract with Mizuno as part of the sporting goods company’s sponsored athlete program. He then notched a fourth-place finish in the USA 25K Championships in May 2013. Later that fall, he ran a huge PR in the marathon—clocking a 2:15:16 in the USA Marathon Championships

“No way,” Curley told him. “You’re my coach.”

“Hear me out,” Wenneborg replied. “This guy has resources that I don’t have. He might take you to the next level.” He asked Curley to sleep on it.

But for Curley, the resources that mattered most were family, traditions, loyalty. And after five years, he considered Wenneborg family. The next morning, he showed up at his coach’s house in Tucson. “I’ve weighed my options,” he told Wenneborg. “This is the best for me. This. You and me, here.”

**BOTH CURLEY AND WENNEBORG** expected 2014 to be the runner’s breakthrough year. In April, Curley lined up for his first Boston Marathon, excited and proud to participate a year after the bombings ravaged Boylston Street. But again, he was unprepared. This time it was the pounding of the early downhill miles that caught him by surprise. His legs never recovered, and the day turned into a repeat of the beating he took at the 2012 Trials. He finished in 2:29:26, more than 20 minutes behind Meb Keflezighi’s winning time.

Wenneborg took the performance in stride. “Everybody has down races and tough seasons,” he told Curley. Again, the young man took it hard, but this disappointment was different. Boston was supposed to represent a continuation of the progression that had started with his win in Columbus. As their expectations diverged, the two began arguing frequently. For Curley, the training wasn’t yielding the results he expected. The deteriorating relationship simply became too much. “My well was getting emptied,” he says. “I was like, ‘Man, I can’t do this anymore.’”

They split in late September, just weeks before the New York City Marathon. “It was a bad breakup,” Curley says. “I still love the guy, but we had to move on from each other.”

Wenneborg feels the same. “Craig needs fresh blood, a different perspective,” he says. “I loved every moment of coaching him, even the frustrating ones, because his heart is in the right place and I love everything he stands for.”

The split left Curley without a coach or an elite time qualifier for New York. So he grabbed a slot in the Rock ‘n’ Roll San Jose Half Marathon in early October; if he laid down a 65-minute run (or faster), he’d get into New York. Seven days before the half, however, Curley ran his first 50K mountain run in Grants,

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**“I WANT TO LIVE IN BALANCE WITH LIFE  
AND NATURE. WHEN I COME HOME,  
I DON’T RUN WITH MY IPOD. I RUN  
TO GET IN TUNE WITH THE LANDSCAPE.”**

---

So nine months after Houston, Curley lined up for the Columbus Marathon in Ohio—in the first corral, behind the invited pros. The positioning was a reminder: If he wanted elite treatment, he’d better perform like an elite runner. This time, he was ready.

After the national anthem, AC/DC’s “Thunderstruck” burst through the loudspeakers. The song struck Curley. “It was the sound of home,” he says, the hard rock cranked by young men on the rez.

Curley took off, but resisted the urge to rabbit. “This is a winnable race,” Wenneborg had advised him, “but you’ve got to win it after the 15-mile mark.” So Curley hung within striking distance of the leaders, attracting no attention. Just an amateur having a good day.

in Minneapolis–St. Paul.

While the Mizuno deal confirmed Curley’s status as a pro, another offer precipitated his first professional crisis—author, lecturer, and former collegiate coach Scott Simmons invited Curley to join his American Distance Project, based in Colorado Springs. Joining ADP—whose mission is to develop American distance runners who are competitive on an international level—would give Curley access to team doctors, physical therapists, nutritionists, and elite-level coaching from Simmons and Italian marathon coach Renato Canova (who currently trains a number of the world’s top marathoners). For an elite athlete, it was a dream offer, and one that Wenneborg encouraged Curley to consider.





*With his dad after winning Mt. Taylor, his first ultra (left); logging miles close to home (above).*



New Mexico. The move smacked of self-sabotage. Curley says it was more about resetting his mind. “I needed to do it to get my head right,” he told me. “I needed a long run in the mountains. It was freeing.”

He handily won the Mt. Taylor 50K—a race that meant nothing to his career. When he toed the line for the San Jose Half Marathon—a race that meant a great deal—a week later, his mental game felt primed, though his legs felt sore. Still, he finished third, running 1:04:20, and earned a spot in New York, where he ran a 2:27:33 in tough, gusty conditions. It’s unclear how much that finish time was the product of the six

weeks leading up to it—of leaving his coach, running a 50K, then a half marathon. It’s no typical buildup, but maybe that’s no big surprise.

These days, Curley is living in Tucson with his sister, training on his own, and stretching Mizuno’s sponsorship money as far as he can. And he’s doing a lot of thinking. “I feel like I need to do some running on my own, kind of just start from zero again,” he told me shortly after New York.

Do what you can, with what you have, where you are. This is Craig Curley’s way. It stands out in a world where elite athletes are expected to leave home to pursue every opportunity and scorch the earth in the name of success. Curley’s approach may or may not lift him into the highest echelon of American marathoning. That’s okay with him. “Running the marathon is something I love and cherish deeply,” he told me. But if he becomes a successful marathoner, it will come within the broader framework of his life. Not at the expense of who he is—Craig Curley of The Red House

People Clan, born for The Towering House Clan, from Kinlichee, Arizona.

Boston, New York, Chicago—these are the premier marathons in which Curley hopes to someday make his mark. (As of press time, he was planning to run in the L.A. Marathon on March 15, hoping to learn the course prior to the 2016 Olympic Trials.) But they aren’t places that resonate within his soul. Those would be the high pine forests and Sonoran Desert of the American Southwest.

Curley once sent me a picture he took during a 22-mile training run in the dead of February. “I ran with a headlamp out into the desert,” he later told me. “My face went numb after a while, but I could see the stars, feel the wind through my gloves, hear the dogs barking. I felt like I was at home.” It was three degrees as he ran in the dark on U.S. Highway 160, near Tuba City, Arizona.

In the photo, everything is black except for a thin orange line emerging on the horizon. He is running to the east in the direction of the rising sun—step by step, toward home. 🏠

PHOTOGRAPH COURTESY OF PAUL GORDON (POSTAGE)



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ABOUT RUNNING  
FROM THE GREAT

# LARRY BIRD

BASKETBALL  
GOD, RUNNING  
FANATIC

INTERVIEW BY DAN SIMMONS



*Bird finishes the 1985 Shamrock Classic five-miler (his actual time was 33:46). Two days later he torched Atlanta for 60.*



**NBA INDIANA PACERS  
PRESIDENT AND  
BOSTON CELTICS LEGEND,  
58, INDIANAPOLIS**

#### **I ALWAYS RAN WHEN I PLAYED.**

Before games. After games. Didn't matter. I just felt a need to stay in top condition. I used to run at least one or two miles, up on the second level of the Boston Garden. I enjoyed it.

**NO MATTER WHAT**, if I got a good run in before practice, I felt like I accomplished something that day. In practice we could run for two hours, but I still didn't get the feeling I did when I went outside for a couple of miles.

#### **TWO DAYS BEFORE I SCORED 60**

against Atlanta, there was this big five-miler outside of the Boston Garden [it was the 1985 Shamrock Classic]. I ran it in 32 and a half minutes, I think. So against Atlanta I was worried because my hamstrings were really tight, but I got loose and felt better and had a pretty good game, scoring the ball anyway.

**I CAN'T RUN ON THE STREET ANYMORE** because of my back, but I still run on an underwater treadmill. I do that four times a week, 48 minutes, about 6.3 mph. It's a pretty good little run for me.



# "MY BEST TIME IN THE MILE WAS 5:08, BEFORE MY SENIOR YEAR AT INDIANA STATE. THAT WAS ONCE IN A LIFETIME."

**WE PRACTICED** about two miles from my house in Boston. In training camp I'd run back and forth between the two places just to get my run in. I don't know what it was. I mean, if you're a runner, you just feel like you have to do it.

**I WOULDN'T GET NOTICED** running in French Lick [Bird's hometown in Indiana] in the summer. There aren't a lot of people there. In Boston, people would blow their horns. But I could pull over next to a nearby lake, run around it for a few miles, and people won't grab you and pull you there. They'd holler, but it wasn't too bad.

**IN THE OFF-SEASON** in French Lick, I'd run in the morning. I'd run the two miles to the gymnasium, then I'd do 440s, 220s, weights, situps, and everything.

**I USED TO RUN IN LOCAL RACES** with [Celtics player] Scott Wedman. We'd run together but kick it up the last half mile or mile to see who would cross the finish line first. Scottie was just a little bit better.

**I LOVED TO RUN IN BOSTON RACES.** You're talking about real runners. They run daily. They're serious. I enjoyed just being around those people more than racing against the clock.

**WHEN I WAS YOUNG**, if you didn't play football, you had to run cross-country. One year I didn't play football, so our basketball coach had me run cross-country. I didn't like racing; I just liked to go out at my own pace and run as far as I wanted. If the race was two and a half miles, I'd go over to the track afterward and run another half mile or mile.

**IN MIDDLE SCHOOL**, my basketball coach would have us run a mile around the top of the gym. I didn't enjoy it, but it was the first time I got that feeling you get after a run. You can ride a bike, climb rocks, but that feeling after a run is one of the greatest you can have—other than winning a big basketball game.

**WHEN YOU LIVE IN A SMALL TOWN** in the country, there's a lot of dogs. I always picked up rocks when I went for my morning run. Right by our house there were a couple that chased us every day. I'd tell the owners, "Keep

them damn dogs off!" They were always on my heels.

**MY BEST TIME** in the mile was 5:08, going into my senior year at Indiana State. That was once in a lifetime. Usually I ran it in 5:30, 5:35.

**MY COLLEGE TEAMMATE** Howie Johnson used to run 4:50. I kept up with him one time for three-quarters of a mile, but the last quarter he finished 60 or 70 yards ahead. Of course, he was six-foot [Bird is 6'9"]. But what a runner.

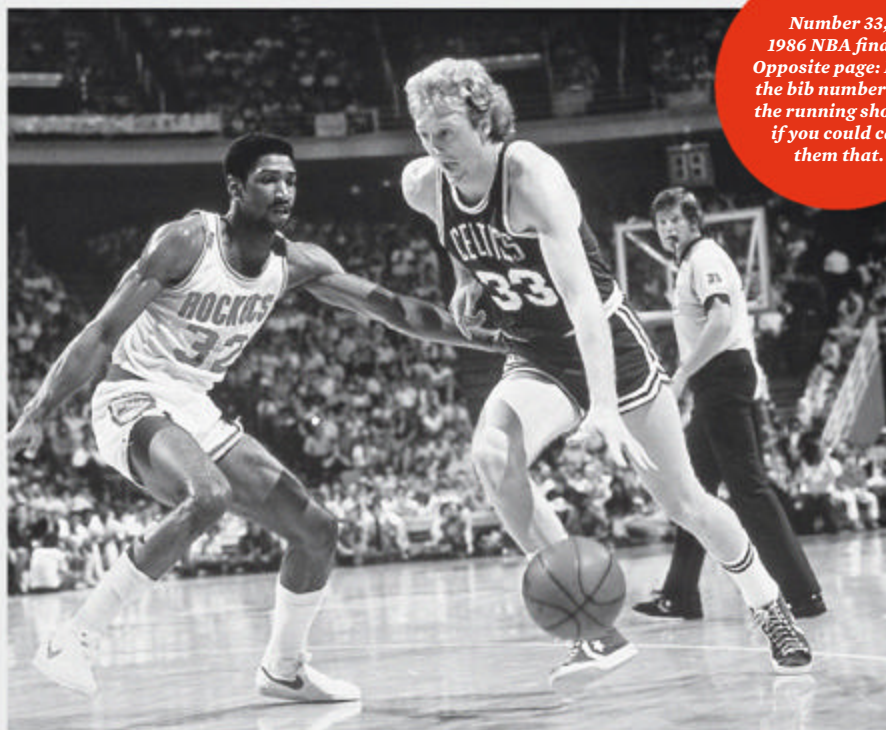
**I HAVE NO CLUE** what shoes I ran in. It was whatever I had. People sent me shoes all the time. I was only ever particular about my basketball shoes.

**I WATCHED THE BOSTON MARATHON** on television a lot when I was with the Celtics. A few times I went down by Fenway Park and watched the runners go by. But I never did try to run 26 miles.

**MY KNEES NEVER HURT** from running. My problem was always the back issue. But I always felt that if I didn't get a run in, I didn't feel good that day. I think a lot of runners feel that way.

**MY CELTICS COACH**, K.C. Jones, never got mad or told me not to run, but he used to say, "Why? Why would you do this?" I had no answer for him. I'd say, "I don't know. I don't have anything else to do, I guess." 🐶

Number 33, 1986 NBA finals. Opposite page: Note the bib number and the running shoes—if you could call them that.





# THE RUN DOWN

inside the runner's world



Runner's World PR  
@RunnersWorldPR

Following

At #RunningUSA2015, @runnersworld Publisher @MoKeefe1 said "We launched @RWZelle to give women a place to learn and share as runners"

## THE WOMEN OF RUNNING

The Running USA Conference brought together the best and the brightest of the running and running-retail industries in New Orleans in February. RUNNER'S WORLD publisher **Molly O'Keefe** spoke on a panel to discuss women in the running industry with TCS New York City Marathon Race Director **Mary Wittenberg** and ESPNW.com Editor-in-Chief **Alison Overholt**, among others.

David Wiley @davidwiley

Great Women's Run panel  
#RunningUSA2015 @nyrrmaryruns  
@MoKeefe1 @toni\_carey @TCMVirginia  
@HeidiBoynlon @alisonoverholt



## PISTACHIO POWER

February also brought the **American Pistachio Growers Conference** in San Diego, where RUNNER'S WORLD Chief Running Officer and pistachio connoisseur **Bart Yasso** made an appearance in a big way. Bart was, well, Bart, shaking hands, taking photos, and spreading good cheer while talking up the health benefits of pistachios, especially as a tasty, satisfying, postrun snack.



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# RACES+PLACES

TIPS, TRENDS,  
and MUST-RUN  
EVENTS



The crowded early miles are offset by the ample shade of Prospect Park.

## BROOKLYN HALF

May 16, Brooklyn, New York  
nyrr.org

### ENJOY THE RIDE

Celebrate with a spin on the historic Cyclone (\$9) or try one of the 28 other attractions at Coney Island's Luna Park, which opens at noon on race day. [lunaparknyc.com](http://lunaparknyc.com)

Few races breathe the culture of their home base as deeply as the Brooklyn Half. From the hipster-infused expo—catered by food trucks and craft beer stations—to the raucous finish line party on Coney Island, this 25,000-runner race feels true to its borough every step of the way. The point-to-point course, while flat and fast, can feel crowded in the early miles, but it opens up at mile seven for a long, straight getaway down Ocean Parkway toward the beach and its attractions (like the iconic Cyclone roller coaster, built in 1927). But as these runners can attest, the dream of a recovery hot dog from Nathan's Famous isn't the only reason the Brooklyn Half sells out in mere hours. ➔





## Ask a Race Director The Boston Marathon's Dave McGillivray has a few tips for mastering the iconic course.

### What's the most common mistake you see runners making?

Going out too fast. Given the excitement at the start and the downhill first half, it's easy to be drawn out faster than you intended. If that happens, you pay the price in the Newton Hills (miles 16 through 21). When running downhill, shorten your stride and try to "skim" the road instead of pounding it.

### What's the toughest part of the course?

For me, it is the stretch right after mile 16 in Newton where the course starts to climb for about a quarter mile over Route 128. I think of it as the first in a set of four hills in Newton. No one talks about this hill, so it sort of sneaks up on you.

### What should I do if it ends up being warm?

The race does start later than others (the first wave departs at 10 a.m.) because folks in communities around the course need to get to and from work that day. It can be warm, and if it is, lower your expectations. Racing Boston should be more about the experience and less about your time.

Dave McGillivray directs 30-plus races each year and blogs at [runnersworld.com/racedirector](http://runnersworld.com/racedirector).

### ● Pier Pickup

"The expo is a big party on one of Brooklyn Bridge Park's new piers, with live music and free fitness classes (like Zumba and kickboxing) for anyone who might want to squeeze in another workout in the three days leading up to the race. Last year, a friend and I picked up our bibs, had tacos and beer at a picnic table overlooking Manhattan, and took a selfie with the Statue of Liberty in the background."

—AMANDA STROMOSKI, 32, BROOKLYN



### ● Peaceful Park

"My favorite part of the race was the first seven or so miles in and around Prospect Park. After a loop through Grand Army Plaza [the park's main entrance at its northern corner], the course wound up and down the rolling hills of the park where it was misty and shady. Without a view of the Manhattan skyline or noise from traffic, it was easy to forget you were in New York City. I thought back longingly to that shade during the exposed five-mile push down Ocean Parkway toward the beach."

—DAVID ANDERSON, 27, MANHATTAN

### ● Plenty of Company

"As someone who runs better given something to chase, the size of the event was fantastic. The last tenth of a mile resulted in a sprint between myself and the target I'd acquired over the previous miles. Upon finishing neck and neck, we shook hands, gave a quick bro hug, and parted ways to replenish."

—DUSTIN DUERSON, 32, DENVER

### ● Fired-Up Fans

"The crowds are electrifying—from mile one in Prospect Park all the way through the borough down to Coney Island, the bystanders are energetic and supportive. Speaking of crowds, the sheer number of runners makes you feel like you're part of a true event, not just a road race. Everyone at the start was friendly and talkative, and I received plenty of 'Go 'Cuse' comments on the course—referring to my Syracuse University running shirt."

—JONATHAN QUEALY, 32, BOSTON

### ● Oceanside After-Party

"There's an amazing after-party atmosphere because all the Coney Island restaurants are open early for the runners and no one is in a hurry to leave. Hundreds of runners swarm the boardwalk and the beach, music is playing, and beer is flowing. Rather than taking an ice bath, we dip into the ocean waves."

—ELLE PARK, 37, BROOKLYN

### REFUEL

About a block from the finish on Neptune Avenue, Totunno's serves hot Brooklyn pizza with fresh mozzarella—and it's 10 percent off on race day if you show your bib. [totonnosconeyisland.com](http://totonnosconeyisland.com)

## Hot Dog! Celebrate with a bunful of the cookout staple at these races.

### I HEART MOMMA

Finish the five-mile singletrack trail course or the hilly, paved 5K and earn a free **Chicago-style** hot dog (topped with yellow mustard, sweet relish, and a dill pickle, among other things) and a local craft beer.

May 24, Mokena, Illinois  
[muddymonk.com/momma](http://muddymonk.com/momma)



### SAUERKRAUT 20K

This rolling 12.4-miler through rural upstate New York begins and ends at the Sauerkraut Festival, where dogs garnished with fermented cabbage await finishers. Stick around for the cabbage-head-decorating contest.

August 1, Phelps, New York  
[phelpsnyc.com/sauerkraut-weekend](http://phelpsnyc.com/sauerkraut-weekend)

### SMITHFIELD HOG JOG

Run the 5K through Smithfield's historic downtown, or choose the Wild Hog—the course changes every year and isn't announced until race day. Children can participate in the Piglet Run.

October TBD, Smithfield, Virginia  
[smithfieldhogjog.weebly.com](http://smithfieldhogjog.weebly.com)





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## TRENDING

### Bibs 'n' Brews

Celebrate American Craft Beer Week (May 11 to 17) by cracking a cold one and registering for a brewery race.

#### RACE TO THE TAPS

A different local brewery hosts each four-mile race in this "six-pack." Runners who commit to the series get a T-shirt, a koozie, and a free beer at each event.

Multiple dates, Asheville, North Carolina, [racetothetaps.com](http://racetothetaps.com)



#### BEND BEER CHASE

Visit four of Bend's 16 craft breweries (and enjoy samples of beer at each) along this 70-mile relay course. Then, park your van downtown and run the 6K "Keg Leg"—which includes seven more beer stops—with your teammates.

June 6, Bend, Oregon  
[bendbeerchase.com](http://bendbeerchase.com)

#### DOGFISH DASH 8K

Celebrate the 10th anniversary of this event (formerly a 5K/10K) by running its new course for the first time. In the finishing chute, you'll receive your first beer—the Dogfish Head 60 Minute IPA—in a race-logged stainless steel pint glass. Refill it twice at the after-party, which offers three or four other varieties (including the brewery's gluten-free option).

September 27, Milton, Delaware  
[dogfishdash.dogfish.com](http://dogfishdash.dogfish.com)

#### HARPOON OCTOBERFEST ROAD RACE

The hilly, 3.6-mile course through foliage-brightened rural Vermont starts and ends at the brewery's Octoberfest celebration. Admission—plus two beers, a bratwurst, and a beer mug—is included with entry.

October 11, Windsor, Vermont  
[harpoonoctoberfestrace.com](http://harpoonoctoberfestrace.com)



#### COOL COURSE

### Beat the Bridge 8K

You might actually *want* to go out too fast in this point-to-point 8K: Organizers raise the drawbridge at the race's midpoint 20 minutes after the last runner crosses the starting line. If you don't quite manage to "beat the bridge," you'll at least get to enjoy the live band that plays as you wait for the bridge to lower (usually takes just a few minutes).

May 17, Seattle  
[beatthebridge.org](http://beatthebridge.org)

#### DON'T MISS IT

### Mount Baldy Run to the Top

Registration opens May 1. The course starts at an elevation of 6,000 feet before climbing seven miles to the summit (at 10,064 feet), where finishers enjoy views of the San Bernardino mountain range and the Angeles National Forest.

September 7, Mount Baldy, California  
[run2top.com](http://run2top.com)



**RUNNER'S WORLD** (ISSN 0897-1706) IS PUBLISHED 11 TIMES A YEAR, MONTHLY EXCEPT BI-MONTHLY IN JANUARY/FEBRUARY, BY RODALE INC. VOLUME 50 NUMBER 4. EDITORIAL OFFICES 400 SOUTH 10TH ST, EMMANUS, PA 18098 (610-967-5171). ©2015 RODALE INC. ALL RIGHTS RESERVED. **POSTMASTER:** SEND ADDRESS CHANGES TO RUNNER'S WORLD, P.O. BOX 26299, LEHIGH VALLEY, PA 18022-6299. PERIODICALS POSTAGE PAID AT EMMANUS, PA, AND ADDITIONAL MAILING OFFICES. **IN CANADA** POSTAGE PAID AT GATEWAY MISSISSAUGA, ONTARIO. CANADA POST PUBLICATIONS MAIL AGREEMENT NUMBER 40063752. RETURN UNDELIVERABLE CANADA ADDRESSES TO RUNNER'S WORLD, 2930 14TH AVE, MARKHAM, ONTARIO L3R 5Z8. GST #R122988611. SUBSCRIBERS: IF THE POSTAL AUTHORITIES ALERT US THAT YOUR MAGAZINE IS UNDELIVERABLE, WE HAVE NO FURTHER OBLIGATION UNLESS WE RECEIVE A CORRECTED ADDRESS WITHIN 18 MONTHS.

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**Contact:** Rusty Snow  
info@sbmarathon.com  
**www.sbmarathon.com**  
Save \$10 with Code: RWRUNSB

## NORTH ATLANTIC

### MAY 24 - People's United Bank Vermont City Marathon & Relay

Burlington, VT  
**Contact:** Jess Cover,  
1 Main St., Suite 304, Burlington, VT 05401.  
(802) 863-8412  
info@runvermont.org  
**www.runvcm.org**

*Flat course on the shores of Lake Champlain.*

### MAY 25 - Freedom Challenge 15K, 5K & Relay

Erie PA  
**Contact:** Caleb Lancaster,  
6015 W Ridge Rd., Erie, PA 16506.  
(814) 873-2465  
pastorayers12@yahoo.com  
**www.erie15k.com**

*Great giveaways*

### JUN 13 - The Valerie Fund Walk & JAG Physical Therapy 5K Run

Essex County's Verona Park - Verona, NJ  
**Contact:** Tina Kaplan @ The Valerie Fund,  
2101 Millburn Ave., Maplewood, NJ 07040.  
(973) 761-0422  
tkaplan@thevaleriefund.org  
**www.thevaleriefund.org/walk**

### JUN 13, JUL 11, AUG 9 - Shoe House 5 Miler Series

York, PA  
**Contact:** Toni Arbogast,  
1405 Williams Road, York, PA 17402.  
(717) 266-2227  
toni@usroadrunning.com  
**www.usroadrunning.com**

### JUL 12 - Mad Marathon, 3 & 5 Person Relay Teams, Half Marathon, 2 Person Relay Teams & Walkers

Waitsfield, VT  
**Contact:** Dori Ingalls,  
P.O. Box 28, Waitsfield, VT 05673.  
(802) 363-9863  
dori@madmarathon.com  
**www.madmarathon.com**

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### JULY 25-26 - PA Grand Canyon Half Marathons (one Sat., one Sun.)

Wellsboro, PA  
**Contact:** ACT Sports Management,  
P.O. Box 488, Lionville, PA 19353.  
(610) 308-3993  
info@pagrandcanyonmarathon.com  
**www.pagrandcanyonmarathon.com**

### SEP 6 - Mt. Nittany Marathon to benefit the Mount Nittany Conservancy

State College, PA  
**Contact:** John Hook,  
P.O. Box 334, State College, PA 16804.  
(814) 404-5314  
john@mntnittany.org  
**www.mtnittany.org/marathon/**

### SEPT 20 - Navy Air Force Half Marathon & Navy 5 Miler

Washington, DC  
**Contact:** Joint Base Anacostia Bolling MWR,  
12 Brookley Ave., Washington, DC 20032.  
navyairforcehalfmarathon@gmail.com  
**www.navyairforcehalfmarathon.com**

### OCT 4 - Divas® Half Marathon & 5K in Long Island

East Meadow, NY  
**Contact:** Continental Event & Sports Management,  
P.O. Box 56-1154, Miami, FL 33256-1154.  
info@runlikeadiva.com  
**www.runlikeadiva.com**

*Save 10% - Use RWLIMAY15 (Exp. 5/31/15)*

### OCT 4 - OctoHalf Half Marathon

Hatfield, PA  
**Contact:** ACT Sports Management,  
P.O. Box 488, Lionville, PA 19353.  
(610) 308-3993  
info@octohalf.com  
**www.octohalf.com**

### OCT 17-18 - Amerihealth NJ AC Marathon, Half Marathon, 10K & 5K

Atlantic City, NJ  
**Contact:** It's Cooler at the Shore!,  
501 N. Jerome Ave., Margate, NJ 08402.  
(609) 822-1167  
acmarathon@jccatlantic.org  
**www.acraceseries.com**

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## SOUTH ATLANTIC

### MAY 25 - Shore Break 5K & Tide Pool 1/2 Mile Fun Run presented by Midgett Realty

Avon, Cape Hatteras, NC  
**Contact:** Anne McKinney,  
Hatteras Island Youth Education Fund,  
P.O. Box 750, Avon, NC 27915.  
**www.hatterasyouth.com**

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### SEPT 12 - Divas® Half Marathon & 5K in Peachtree City

Peachtree City, GA  
**Contact:** Continental Event & Sports Management,  
P.O. Box 56-1154, Miami, FL 33256-1154.  
info@runlikeadiva.com  
**www.runlikeadiva.com**

*Save 10% - Use RWPTCMAY15 (Exp. 5/31/15)*

### SEPT 25-26 - Divas® Half Marathon & 5K in DC's Wine Country

Loudoun County, VA  
**Contact:** Continental Event & Sports Management,  
P.O. Box 56-1154, Miami, FL 33256-1154.  
info@runlikeadiva.com  
**www.runlikeadiva.com**

*Save 10% - Use RWDCMAY15 (Exp. 5/31/15)*



**OCT 17-18 - Myrtle Beach Mini Marathon - Half Marathon, Coastal 5K & Doggie Dash**

Myrtle Beach, SC

**Contact:** Continental Event & Sports Management,  
P.O. Box 56-1154, Miami, FL 33256-1154.

info@runmyrtlebeach.com

www.runmyrtlebeach.com

*Save \$10 - Use RWMINIMAY15 (Exp. 5/31/15)***OCT 18 - 7 Bridges Marathon, Half Marathon, 5K & 1K**

Chattanooga, TN

**Contact:** Ken Radley,

Coolidge Park,

(423) 400-6897

director@sceniccitymultisport.com

www.sevenbridgesmarathon.com

**NOV 7-8 - Outer Banks Marathon & Southern Fried Half Marathon, 8K, 5K, Fun Run & Southern 6**

Kitty Hawk, NC

**Contact:** Race Director,

P.O. Box 265, Kill Devil Hills, NC 27948.

(252) 255-6273

info@obxse.org

www.outerbanksmarathon.org

*10th Annual!***NOV 14 - Anthem Richmond Marathon, Half Marathon & 8K**

Richmond, VA

**Contact:** Race Director,

100 Avenue of Champions,

Richmond, VA 23230.

(804) 285-9495

marathon@sportsbackers.org

www.richmondmarathon.org

**DEC 6 - Divas® Half Marathon & 5K in St. Augustine Beach**

St. Augustine Beach, FL

**Contact:** Continental Event & Sports Management,

P.O. Box 56-1154, Miami, FL 33256-1154.

info@runlikeadiva.com

www.runlikeadiva.com

*Save 10% - Use RWFLMAY15 (Exp. 5/31/15)***DEC 12 - Rocket City Marathon**

Huntsville, AL

**Contact:** Suzanne Taylor,

2722 Carl T Jones Drive, Suite 2B,

Huntsville, AL 35802.

(256) 520-0768

suzanne@fleetfeethuntsville.com

www.runrocketcity.com

**NORTH CENTRAL****MAY 3 - First Midwest Half Marathon & 10K**

Palos Heights, IL

**Contact:** Mel Diab @ Running For Kicks,

7158 W. 127th St., Palos Heights, IL 60463.

(708) 448-9200

mel@runningforkicks.com

www.firstmidwesthalfmarathon.com or

www.visitichigosouthland.com

*2500 Runner Maximum***MAY 17 - Divas® Half Marathon & 5K Midwest at Branson**

Branson, MO

**Contact:** Continental Event & Sports Management,

P.O. Box 56-1154, Miami, FL 33256-1154.

info@runlikeadiva.com

www.runlikeadiva.com

*Save 10% - Use RWMOMAY15 (exp. 5/31/2015)***JUNE 5-6 - 42nd Annual Hospital Hill Run, Half Marathon, 10K, UMKC School of Medicine 5K, 5K/10K Re-RUN, 5K/Half Re-RUN**

Kansas City, MO

**Contact:** Beth Salinger,

P.O. Box 27204, Overland Park, KS 66225.

(312) 925-6067

beth@hospitalhillrun.com

www.hospitalhillrun.com

**JUNE 13 - Summerfest Rock 'n Sole Run, Half Marathon, Quarter Marathon & 5K**

Milwaukee, WI

**Contact:** Sandra Chambers,

16851 Southpark Dr., Suite 100,

Westfield, IN 46074.

(317) 354-7796

sandra@visioneventmanagement.com

www.rocknsolerun.com

**SEP 12 - Movie Madness Half Marathon**

Columbus, OH

**Contact:** Toni Arbogast,

3301 Lewis Center Road,

Columbus, OH 43035.

(717) 266-2227

toni@usroadrunning.com

www.usroadrunning.com

**SEPT 18-20 - Community First Fox Cities Marathon, Half Marathon, Relay, 5K & Kids Run**

Appleton, WI

**Contact:** Debbie Jansen,

P.O. Box 1315, Appleton, WI 54912-1315.

(920) 882-9499

info@foxcitiesmarathon.org

www.foxcitiesmarathon.org

**SEPT 19 - Air Force Marathon, Half Marathon, 10K & 5K**

Wright-Patterson AFB, Dayton, OH

**Contact:** Race Director,

Bldg #219, Room 106, 5030 Patterson Pkwy.,

Wright-Patterson AFB, OH 45433.

(937) 257-4350

usaf.marathon@us.af.mil

www.usafmarathon.com

**SEPT 26 - Akron Marathon (Rubber City Race Series), Marathon, Half Marathon, Team Relay & Kids Fun Run**

Akron, OH

**Contact:** Brian Polen, Race Director,

453 S. High St., Suite 301, Akron, OH 44311.

(877) 375-2786

info@akronmarathon.org

www.rubbercityraceseries.org

**OCT 17 - Waddell & Reed Kansas City Marathon with Ivy Funds, Marathon, Half Marathon, Team Relay & 5K**

Kansas City, MO

**Contact:** Kansas City Sports Commission,

114 W. 11th St., Suite 300,

Kansas City, MO 64105.

(816) 474-4652

register@kcmarathon.org

www.kcmarathon.org

**OCT 17-18 - IMT Des Moines Marathon, Half Marathon, Relay, 5K & Kids Run**

Des Moines, IA

**Contact:** Chris Burch,

526 39th St., Des Moines, IA 50312.

(515) 288-2692

info@desmoinesmarathon.com

www.desmoinesmarathon.com

*Check out the I-35 Challenge.***SOUTH CENTRAL****MAY 24 - 5th Annual American Hero 25K Relay, 5K, 5K Wheelchair, 25K & 400m Youth Run**

San Antonio, TX

**Contact:** Jesse Martinez,

9415 Wahada, San Antonio, TX 78217.

(210) 822-6634

homepainters@earthlink.net

www.americanhero25krelay.org

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Eugene, OR

**Contact:** Richard Maher,

541 Willamette St., #212, Eugene, OR 97401.

(541) 345-2230

info@eugenemarathon.com

www.eugenemarathon.com

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Denver, CO

**Contact:** Race Director

(720) 467-2188

rockies@runrevel.com

www.runrevel.com/rockies

**AUG 16 - 38th Annual America's Finest City Half Marathon & 5K**

San Diego, CA

**Contact:** Neil Finn Sports Management Inc.,

6116 Innovation Way, Carlsbad, CA 92009.

(760) 692-2900

info@afchalf.com

www.afchalf.com

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**SEP 20 - 45th Annual Maui Marathon,  
Half, 10K, 5K & 1 Mile**

Kahului, HI

**Contact:** Rudy Huber,  
P.O. Box 1024, Wailuku, HI 96793.

(808) 280-5801

huber-rudy@yahoo.com

www.mauimarathonhawaii.com

**OCT 9-11 - Lake Tahoe Marathon  
& Half Marathon, 3 Marathons,  
3 Half Marathons, 20 Miler, 10K, 5K,  
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South Lake Tahoe, CA

**Contact:** Les Wright,  
P.O. Box 20000, South Lake Tahoe, CA 96151.

(530) 559-2261

leswright@sbcglobal.net

www.runtahoe.com

**JAN 17, 2016 - Maui OceanFront  
Marathon, Half Marathon, 15K, 10K, 5K  
& Cookie Fun Run**

Lahaina, HI

**Contact:** Les Wright,  
P.O. Box 20000, So. Lake Tahoe, CA 96151.

(530) 559-2261

runmaui@gmail.com

www.runmaui.com

**INTERNATIONAL**

**MAY 3 - GoodLife Fitness Toronto  
Marathon, Half Marathon, 5K Run  
and Walk & Relay**

Toronto, ON, Canada

**Contact:** Jay Glassman,  
1 Yorkdale Rd., Suite 202,  
Toronto, ON M6A 3A1.

(416) 920-3466

info@torontomarathon.com

www.torontomarathon.com

**NOV 8 - Athens Marathon, 10K & 5K,  
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Athens, Greece

**Contact:** Apostolos Greek Tours Inc.,  
2685 S. Dayton Way #14, Denver, CO 80231.

(303) 755-2888

www.athensmarathon.com

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**NOV 9 - Divas® Half Marathon  
& 5K in Puerto Rico**

San Juan, Puerto Rico

**Contact:** Continental Event & Sports Management,  
P.O. Box 56-1154, Miami, FL 33256-1154.

info@runlikeadiva.com

www.runlikeadiva.com

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# CHRIS LAUDANI

BARTENDER AND "BOSTON SHOVELER," 26, BOSTON

Interview by  
Nick Weldon



**WE HAD A BLIZZARD** in January, and it was a slow day at the Back Bay Social Club on Boylston Street, where I work, so we shoveled the sidewalk. I thought, *I'm gonna go down to the Boston Marathon finish line and shovel it.*

**THE NEXT DAY**, my girlfriend texted me that somebody had snapped a photo of me and that

it was on *Runner's World's* Instagram. Another friend said I was on BostonGlobe.com, and people were trying to identify me. I was like, *This is crazy.*

**I WAS OVERWEIGHT** growing up. My freshman year at Suffolk in Boston I wanted to get healthier, and I saw all these people running in the city and thought, *Hey,*

• "I love talking to people in town for the marathon," says Laudani, whose picture went viral in January. "All these ordinary people here to do this extraordinary thing. They have awesome stories."

*I'll try that.* I ran Boston in 2010 in 3:30 and have done it [officially and unofficially] every year since.

**MY BROTHER** and I got separated in 2013 at mile 20. Soon after, the bombs went off. I promised him we'd never run it apart again, so when Adidas offered me a 2015 number, they gave him one, too.

**THE DAY AFTER** I shoveled the finish line, seven or eight TV stations were waiting for me at the bar. The *Today Show* wanted to fly me to New York, but I thought it was becoming too much about me, so we did a video interview.

**CARLOS ARRENDONDO**, who saved lives in the bombings, called to thank me. I said, "Dude, I should thank you. You're a *real* hero." He said, "We're a lot alike. We were just doing what felt natural."

**AN ATTORNEY** of the alleged bomber cited the fact that what I did got "Boston Strong" trending again as a reason why his client couldn't get a fair trial in Boston. I was like, *That is way over my head. I don't want any part of this.*

**MY FAVORITE RUN** is centered on Newbury Street. All the shops and cafés—if you ever caught Tom Brady walking, it'd be there.

**I LOVE** that we got this great message out, but I could do without all the attention. My bar manager calls me Hollywood.

**PEOPLE COME** into the bar and ask for high-fives and photos. They whisper, "Is that the guy?"

**IT WOULD BE COOL** if somebody said, "Wow, how can a little strip of paint mean that much?" and signed up for his first marathon. That would make my whole life. 🏃





MULTIPLY  
YOUR  
POWER

MCS

MUSCLE  
CONTAINMENT  
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HIGH OSCILLATION AT LOW  
FREQUENCY AND NEED  
MAXIMUM SUPPORT AND  
CONTAINMENT

REPETITIVE MOVEMENT  
OVER A LENGTH OF TIME  
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GROUPS HAVE LOW MUSCLE  
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# thank you rejuvenating mud mask

## thank you running

You make connecting with nature a messy good time. And with the Brooks Cascadia 10's super grippy 4-point pivot system, you'll tackle any tough terrain with ease. The ballistic rock shield protects your foot from gnarly trail hazards, making your off-road running adventure the best road. Time to hit the shower. Learn more at [brooksrunning.com](http://brooksrunning.com)

 **BROOKS**



Cascadia 10